



Digi'Aware

Country

France

Title

Wizako, the Phone Tamer

Organiser / Provider

Independent publishing house Le Chevalier Renard, in collaboration with **Lalla Renard** (author) and **Imen Dorboz** (researcher in neurogenetics – INSERM).

Target Group

Children aged 3–6 and their parents.

Theme / Focus Area

Digital literacy, emotional intelligence, family education, responsible screen use.

Description of the practice

Wizako, the Phone Tamer is the first volume of a new children's book series addressing the relationship between young children and digital screens with humour and tenderness. Designed as a family education tool, the book offers a positive and caring approach to technology through a short, engaging story that fosters dialogue between parents and children. Each reading becomes an opportunity to explore emotions, attention, curiosity, and digital habits. The story follows Wizako, a dreamy little fox who discovers that phones "eat up time" — and that by taming them, he can rediscover the joy of living in the present moment. Developed with scientific input from **Imen Dorboz**, a neurogeneticist at INSERM, the book builds on evidence from affective neuroscience and socio-emotional development. Its purpose is to help families create calm, guilt-free routines around screen time — using humour, imagination, and empathy rather than prohibition. This initiative supports early digital literacy and balanced technology use within the family environment.

Results / Impact

- Encourages parent-child dialogue about emotions and screen use.
- Helps families establish healthy digital habits.
- Strengthens psychosocial skills: attention, empathy, emotional regulation.
- Promotes a family-based approach to digital citizenship.
- Successfully tested in public readings, preschool sessions, and parenting workshops.

Transferability / Innovation

The Wizako model is highly transferable: adaptable to multiple languages and formats, suitable for schools, libraries, community centres, and parenting programmes. Its innovation lies in combining **illustrated storytelling, emotional pedagogy, and digital education**. The project transforms a potentially anxiety-inducing topic — screen time — into a joyful, creative learning experience.

Website

www.wizako.fr (coming soon)

Justification for the selection

Wizako, the Phone Tamer was selected as a best practice for its ability to combine **digital awareness and emotional development** within an accessible, playful format. It aligns with the objectives of the Digi-Aware project by promoting responsible, inclusive, and emotionally intelligent digital citizenship, while providing a transferable educational resource for families across Europe.



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