

## What is screen time?

- Screen time includes time spent in front of televisions, computers, smart phones, tablets, video games, movies, and social media.

## How much screen time can my child have each day?

The Canadian Sedentary Guidelines recommend:

Age of Child	Recommended Amount of Screen Time
Less than 2 years	0 hours per day
2 to 4 years	Less than 1 hour per day
5 to 11 years	No more than 2 hours per day, less screen time is better

- Too much screen time can cause children to be less physically active which can lead to weight gain.
- Active video games do not have the same physical benefits as real life activities because they need less movement.
- Screen time also affects the way a child learns and interacts with their environment by:
  - decreasing hands-on learning
  - limiting face to face interaction with others
  - causing distractions during learning opportunities

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# Screen Time

## General tips for screen time:

- Be a good example for your child. Role model healthy screen time habits.
- Start good media habits when children are young to help them develop healthy habits that last a lifetime.
- Learning apps and games are still considered screen time.

## How can I make screen time a better learning experience?

- Make sure content is right for your child's age.
- Choose content that your child can relate to.
- Sit together and talk about what you are watching, ask questions, label, and describe what you are seeing.
- Get moving by acting out what your child is seeing.

## How can I decrease my family's screen time?

- Set limits on the amount of screen time that your child has each day.
- Keep screen media out of your child's bedroom and limit screen time to areas where it can be monitored.
- Turn off devices when they are not being used.
- Encourage active play instead of screen time.
- Choose activities that fit your child's age. Refer to [www.ndds.ca/ontario](http://www.ndds.ca/ontario) to find out what your child can do.
- Decrease screen time slowly, by 1 half hour per week, until recommended amounts are met.

For more information about screen time, see the Canadian Sedentary Guidelines at [www.csep.ca/guidelines](http://www.csep.ca/guidelines)

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