

Consider Screen Time

Screen time includes time spent in front of computers, TVs, videogames, smart phones, and iPads/tablets.

Help children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

The Canadian Pediatric Society recommends:

- **No screen time** for children under 2 years old
- **Less than 1 hour** of screen time per day for children between 2 and 4 years old
- **Less than 2 hours** of screen time per day for older children

Balance Screen Time With Other Activities

- Show children how to lead a balanced life between screen time and other activities.
- Make screen time active—play during commercials and choose shows that get the family up and moving.
- Make a list of alternate activities so there is less reliance upon screens for entertainment. Include outdoor activities, playing, and reading in the family's daily routine.

Keep Track Of Screen Time

- Have a central spot in your home to keep all your devices.
- Make a family TV show schedule together and post it where everyone can see it (e.g.) on the fridge and enjoy watching together.
- Make a family media plan and ensure that you all agree on it.
- Set up screen free zones in your home during (e.g.) meal times, 1 hour before bed, and family times.

Use Screen Time to Learn

- Help your child learn by viewing and talking about TV and other media together.
- Choose TV shows that:
 - Repeat ideas to help kids learn
 - Pause and ask kids to join in
 - Teach only one message at a time
- Model good media use to teach children to use screen time mindfully.

MORE RESOURCES

myhealth.alberta.ca/

Search: Screen Time

MediaSmarts.ca

Search: Screen Time

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

