

HEALTHY SCREEN USE

What is Recreational Screen Time?

Time spent with any screen, including television, computers, gaming or mobile devices that is not related to school (ie. completing assignments) ^{1,2}

The 24-Hour Movement guidelines:²

- **0-2 year old:** Sedentary screen time is not recommended
- **2-4 years old:** no more than 1 hour of sedentary screen time

Less is better

Screen Time Benefits: Quality media may help children ages 2-4 learn language and literacy skills, and can support some cognitive development like imagination. ³

Screen Time Risks:

- Screens may reduce the time spent doing activities that help children learn and be healthy like engaging with family, and playing outside. ³
- Screen time may increase risk of nearsightedness. ⁴



SCREEN-FREE RESOURCES

Caring for Kids - Canadian Pediatric Society: <https://caringforkids.cps.ca>

Media Smarts Parent Resources:
mediasmarts.ca/resources-for-parents

Live 5-2-1-0: <http://live5210.ca/resources>

SCREEN-FREE ACTIVITIES



Get Active Outdoors! Explore a local park, make an obstacle course with items you have, or plan a scavenger hunt

Do a Craft! Paint a picture, use sidewalk chalk, or build a sculpture



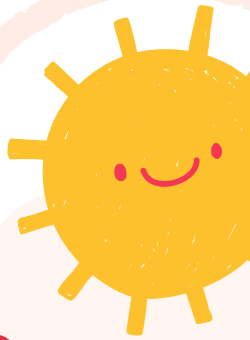
Have a Dance Party!
Listen to music or play an instrument

Cook or Bake! Learn to measure, stir, or follow a recipe



Read a book! Or listen to an audio book or podcast

Screen Time



0-4 Years



Adapted from the Langley Tech Time Committee's
"Screen Aware Langley" Resource



WHAT CAN PARENTS AND GUARDIANS DO?

The Canadian Paediatric Society recommends that families follow the four M's:³

Minimize Screen Time:

- Screen time for children younger than 2 is not recommended (apart from video-chatting with caring adults)
- Ensure sedentary screen time is not a routine part of child care
- Maintain daily screen free times (ie. family meals, reading)
- Avoid screens 1-hour before bedtime

Adults should **Model** healthy screen use

- Encourage and participate in activities unrelated to screens like shared reading, outdoor play, games and crafts
- Turn off your devices during family time
- Turn off household screens when not in use

Mitigate (reduce) the risks associated with screen time:

- Be present and engaged during screen time.
- Help children recognize and question advertising messages and other problematic content.
- Curate or monitor young children's media use by creating playlists and selecting appropriate channels.

As a family, be **Mindful** about the use of screen time:

- Assess current screen habits and develop a family media plan for when, how and where screens may be used.
- Prioritize shared family media over solo screen time

LEARN MORE

Learn more about **healthy screen use and screen free activities** here:



Flip for more resources!



What can higher quality screen time look like?

- Use websites to find inspiration for screen free activities
- Video calling a family member
- Educational apps and websites
- Drawing and painting apps
- Music-making applications
- Watching a movie as a family
- Games that encourage physical activity

