

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 school assignments) ^{1,2}

The 24-Hour Movement guidelines:²

24-Hour Movement guidelines recommend less than **2 hours** of recreational screen time for children ages 5-17.

Screen Time Benefits: Technology can teach children many things, and help them to connect with others.³

Screen Time Risks:

- Reduced the time spent doing activities that keep children healthy like physical activity, talking to friends, and sleeping.¹
- Possible increased risk of nearsightedness ⁴
- Exposure to negative or harmful content.³



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

Arts and Crafts! Paint, draw, use sidewalk chalk, or make friendship bracelets!



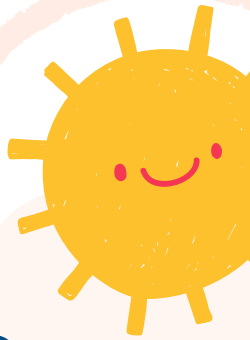
Practice an instrument!
Borrow a Ukulele from the Fraser Valley Regional Libraries

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



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

Screen Time



5-12 Years



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

WHAT CAN PARENTS AND CAREGIVERS DO?

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

Manage screen time through plans, rules, and limits.

- Make a family media plan
- When possible, be present and engaged with your child during screen time
- Discourage multitasking (ie. during homework)
- Learn about parental controls and privacy settings
- Speak about acceptable online behaviours

Encourage **Meaningful** screen use.

- **Focus on quality:** choose content that encourages learning and participation.
- Make sure daily routines come first
- Help children choose age appropriate content
- Be part of your child's media lives

Model healthy screen use. Your kids learn by watching you!

- Review your own media habits
- Plan time for hobbies and time outside
- Find time in the day for the whole family to be screen free.
- Avoid screens 1 hour before bedtime

Monitor for signs of problematic screen use.

- Look out for signs that screens are interfering with offline activities like sleep, school, or socializing.
- Negative emotions after interacting online.

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

