

Screen Time

Top Tips

- SCREENS ARE AN EVERYDAY PART OF LIFE NOW. HOWEVER, CHILDREN LEARN BEST FROM FACE TO FACE INTERACTIONS AND PLAY; MAKE SURE YOUR CHILD SPENDS TIME PLAYING AND INTERACTING WITH OTHERS EVERYDAY.
- MAKE CONNECTIONS BETWEEN WHAT THEY'RE WATCHING AND EVERYDAY LIFE.
- MAKE SURE YOUR CHILD IS ONLY WATCHING SHOWS OR PLAYING GAMES THAT ARE AGE APPROPRIATE.
- MEALTIMES ARE A GREAT TIME FOR INTERACTION; TRY TO HAVE SCREEN-FREE MEALTIMES

TV

TURN THE TV OFF WHEN NO ONE IS WATCHING- BACKGROUND NOISE CAN BE DISTRACTING.

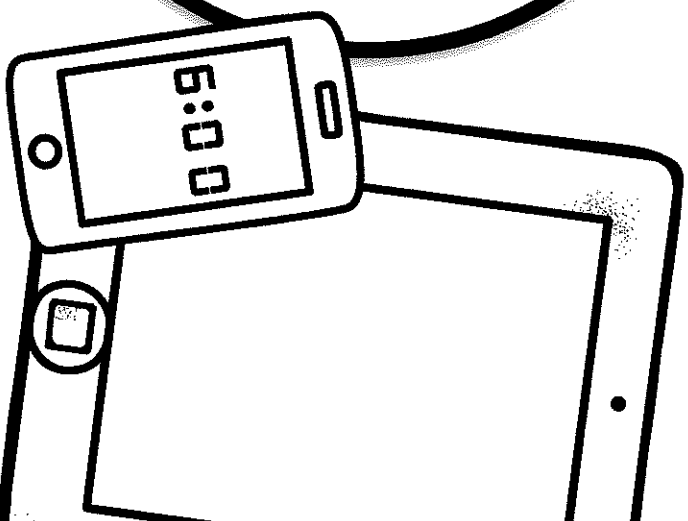
CHOOSE HIGH-QUALITY EDUCATIONAL PROGRAMS.

SIT AND WATCH THE SHOW WITH YOUR CHILD; TALK ABOUT WHAT YOU SEE AND WHAT IS HAPPENING.

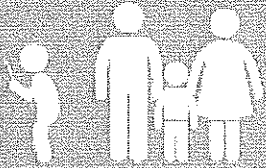
Tablet

CHOOSE APPS THAT SUPPORT SKILLS, WHERE POSSIBLE. E.G. DRAWING, RHYMING, ETC.

VIDEO MESSAGING APPS (SUCH AS 'SKYPE') ARE GOOD FOR TALKING WITH FAMILY AND FRIENDS ALL OVER THE WORLD. THEY PROVIDE OPPORTUNITIES TO DEVELOP ATTENTION, LISTENING AND SPEAKING SKILLS



How too Much Screen Time Affects Children



Psychosocial Risks

There is a lack of social interaction and engagement with family and peers.



Language Delays

There are fewer vocalizations and less babbling from infants. Significant expressive and receptive language delays in preschool children.



Physical Health

There are increases in childhood health disorders such as obesity and diabetes.



Impediments with Life Skills

Children are experiencing an inability to tie shoes, swim, ride a bike, or build blocks when exposed to too much screen time.



Advertising Concerns

On TV, there are food related advertisements that lead to more snacking and higher rates of being overweight in young children.

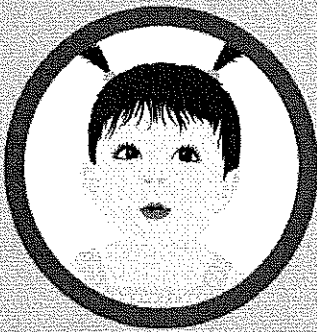


Poor Sleep Quality

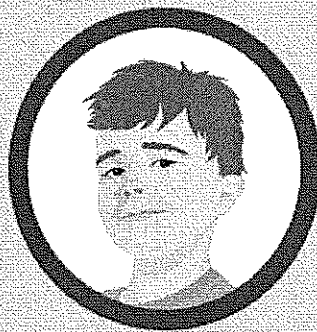
Children have decreased quality and quantity of sleep resulting in increased behavioral concerns at home and school.

What is Appropriate Screen Time for my Children?

Recommendations for appropriate screen time use from
the Canadian Paediatric Society and the American
Academy of Pediatrics:



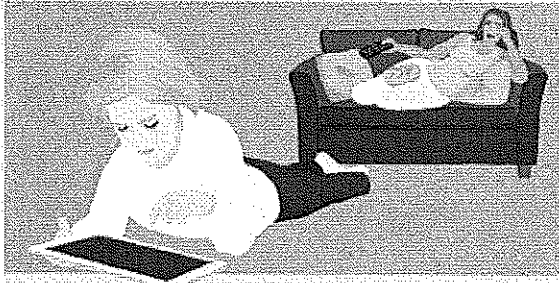
For children
under 2 years
screen time is
not recommended.



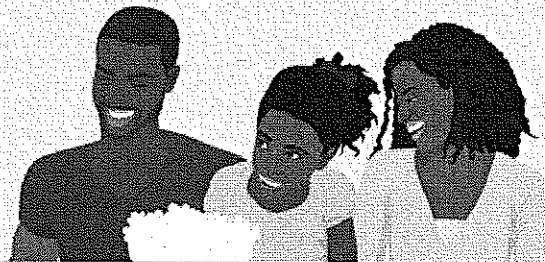
For children **2-5 years**
limit screen time to **1**
hr/day of quality and
educational programming.



For children **6 and older**,
limit screen time consistently
and **monitor media** that
they are exposed to.



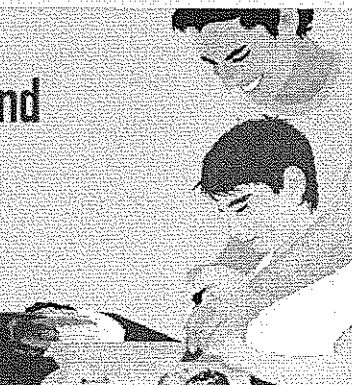
Do not make screen time a part of child
care or supervision for children under
5 years of age.



Parents should co-view television with
children from 2-5 years to support them in
understanding what they are viewing.

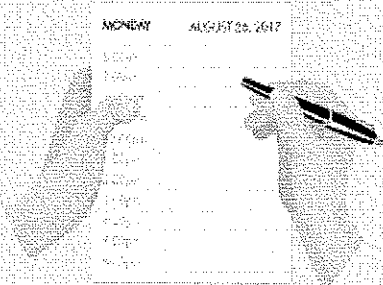
**Find the balance between screen time and
behaviors that are important to health**

(sleep, physical activity, social engagement)



How to Get Children Away From Screens

Be consistent with limits.



Make sure that each day has **the same amount of screen usage** for your child and family.

Avoid background TV.



When not in use, **turn off the television** to avoid the distractions and normality of TV usage.

Set the example.



Model good screen behavior for your children by putting down your tablets and cell phones during family time, and playing with the kids instead.

Encourage other activities.



As a parent, you can **model and suggest healthy alternatives**

such as outdoor play, reading a book, crafts, or board games.

Screen Time by the Numbers

In North America,
children spend about

3 hours/day
watching
television

and another **2-4 hours**
on other screens.

That's a total of

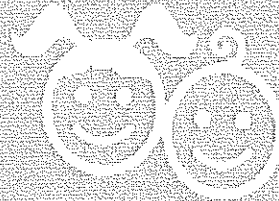
5-7 hours/day
engrossed in screens

Children between

8 months &
8 years of age

are exposed to nearly **4 hours**
of background TV daily

Children between **3-5 years of age**
spend approximately



2 hours/day
in front of screens

In the US, **2-4 year olds** who have used a
mobile device for media activity increased from



39% to 80%
between
2011 and 2013

Children in Canada

should
be getting
at least



of daily
physical
activity



of **5-17** year olds are
meeting that target