

Canadian guidelines for recreational screen time*

What is screen time?

Time spent using a device that has a screen such as:



Video games



Tablet/iPad®/
smartphone



Computer/laptop



TV/DVD

Less than
2 years



Screen time
not recommended

2 to 4 years



Under
1 hour/day

5 to 17 years



Under
2 hours/day

*Not including time spent at school or work

There is nothing wrong with spending time in front of screens, but your child may be spending **too much time** in front of them.

Limiting screen time:

- ▶ helps with learning and attention
- ▶ makes it easier for kids to fall asleep and stay asleep
- ▶ helps develop language skills
- ▶ gives kids more time to play, read, and spend time with family and friends

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Screen-Free Activities

Set “screen-free” times at mealtime, bedtime, after school, to comfort your child, and when you need time together.

Try these screen-free activities with your family:

Mealtimes	After school	Bedtime
<ul style="list-style-type: none"> • I Spy • 20 questions • Discussion/picture cards • Talk about your day, e.g., “What was the best part of your day?” • Set the table together 	<ul style="list-style-type: none"> • Outside play, go for a walk • Board games, cards, colouring • Make a healthy snack together 	<ul style="list-style-type: none"> • Read a story • Bath time • Cuddle • Put on calming music or white noise • Meditation or breathing exercises
Time for yourself		Comforting and calming time
<p>Have kids do:</p> <ul style="list-style-type: none"> • Crafts, Play-Doh® • Pretend play • Puzzles, books • Infant: mobile, tummy time/play pen 		<ul style="list-style-type: none"> • Music, dance • Read together • Hug, cuddle • Make it quiet and calm: turn off lights, try meditation or breathing exercises • Massage

For more ideas on how to reach for your best, visit www.sdhu.com.

Ce document est disponible en français.

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