



National Child Day November 20 2015

Tips to reduce the impact of screen time and create balance:

- Start decreasing screen time in small steps until it reaches the recommended limits for your child's age group. If your child has a lot more than two hours of screen time a day, for example, try decreasing it by 30 minutes a day for a week at a time and progress slowly towards meeting the sedentary behaviour guidelines.
- Children tend to have most recreational screen time directly after school (from 3pm to 5pm) and before bedtime (from 7pm to 10pm). Encourage your child to take part in an extracurricular activity they enjoy.
- Balance screen time with sports, hobbies, creative and outdoor play, both on their own and together as a family.
- Late-night chatting online, surfing and texting with friends shouldn't cut into important sleep time.
- Talk about the importance of shutting off cell phones and the value of being unconnected at night.
- Praise children when they make good decisions about viewing time
- Encourage outdoor play and social activities.
- Provide good books, board games and toys to engage children and encourage children to use them

Consider all electronic media when setting time limits for your family. Television, movies, the Internet (including social media), video games and gaming devices (whether hand-held, or played through a computer or television) all add to your child's total screen time.



Keep it Balanced

Plan to celebrate Children's Right to play and rest!

For fun ideas go to www.healthychildcoalition.ca

