



# National Child Day November 20 2015

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

- \* Encourage your children to have interests and hobbies and spend time actively pursuing them.
- \* Encourage other children to come to your home to play activities other than computer games or TV.
- \* Stop children being in front of a screen for 30 minutes to an hour before bedtime to reduce the excitation of the brain before sleep.
- \* Have screen-free days – maybe one day a week – and have screen free times each day
- \* Eliminate background TV
- \* Ask for your children's suggestions on what you can do as a family to create a healthy balance of computer/phone and television use.
- \* Spend 15-20 minutes every day with each child playing, talking or doing something that they want to do that does not involve screen time.
- \* Talk to children about adverts, product placements and images supported by the media that do not reflect reality.

House rules that balance screen time and active play time may have one of the biggest impacts on your children's long-term intelligence, fitness and mental health - more than any other guideline in your household.



Keep it Balanced



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

For fun ideas go to [www.healthychildcoalition.ca](http://www.healthychildcoalition.ca)

