



National Child Day November 20 2015

What is screen time?

Screen time is time spent in front of a TV, computer, laptop, games console, tablet or smartphone.

Screen time is a sedentary activity.

Very little energy is used during screen time.

Ninety percent of children today are exposed to screen-based activities before the age of two.

Research indicates that Canadian school-aged children spend 65 to 80 percent of their waking hours engaging in sedentary behaviours. Kids need at least 60 minutes of physical activity per day.

Screen Time Recommendations

Children under two should avoid screen time.

Children aged two to four should have less than one hour of screen time a day.

Children aged five to 17 should have no more than two hours of recreational screen time a day.

This is time spent in front of a screen for leisure activities, for example messaging friends, playing video games or watching TV. The two-hour time limit includes screen-based activities at home, at school and in the community.



Keep it Balanced



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

For fun ideas go to www.healthychildcoalition.ca

