

Screen Time Tips

What is “Screen Time”?

Screen time is the daily total time spent **directly** or **indirectly** looking at any screen, except for video chatting with loved ones. Examples: watching YouTube videos, scrolling on the cell phone, TV show playing in the background while child plays with toys, etc.

Daily Recommended Screen Time by Age:

Under 2 years

- **0 hours**
- Except video calls to loved ones

2 to 5 years

- **1 hour or less**
- Watching with a caregiver is recommended

Over 5 years

- **2 hours or less** of recreational screen time

Did You Know...

- Children learn language, social skills and play skills best through real life interactions, not through watching screens.
- Less screen time gives us more chances to play and talk.
- Toddlers who spend too much time watching screens are more likely to have speech and language difficulties.
- Screen time can make it harder for a child to learn to control their emotions and behaviour.
- Your child will learn from your screen time habits.

When We Use Screens

Limiting screen time can be hard. When you do use screens, keep these tips in mind:

- Can I watch this program with my child?
 - You can talk about what's happening, copy what's on the screen and make connections with real life.
- Why is the screen on?
 - Think about why the screen is on. Try not to use screen time for background noise.
- What are we watching?
 - Pick quality programs that are made for children, fun, repetitive, and interactive (e.g., have actions for your child to copy).

References:

<https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/physical-activity-for-children/screen-time-for-children>

https://www.healthlinkbc.ca/sites/default/files/documents/TFS_screen-time.pdf

<https://www.aboutkidshealth.ca/screen-time-overview>

[Be Tech Wise With Toddler! | Children's Screen Time Action Network \(screentimenetwork.org\)](https://www.screentimenetwork.org/)

<https://caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-young-children>

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