

SCREEN TIME

Children have access to such a wide variety of screens (phones, tablets, computers, TV, etc), it can be hard to keep track of all their screen time

Excess screen time has been linked to sleeping difficulties, obesity and behavior problems

It is really important to limit your child's screen time. Young children need to have interactive imaginary play with their parents, family and friends in order promote normal development.

The Canadian Pediatric Society recommends no screen time for children under 2 years of age, and only one hour of screen time for children 2-5 years of age. For more information, please go to:

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

It's important to develop healthy screen time habits with your children and teens.

Finding the balance between screen time, homework, physical activity, hobbies and sleep can be a challenge

For some helpful information, please go to:

- <https://www.caringforkids.cps.ca/handouts/screen-time-at-home-healthy-habits>