

SCREEN TIME/GAMING ADDICTION

For more information about screen time, please refer to our section on Screen time.

Please see the following links for information and resources about screen time and gaming addictions

- Digital Media Use, I would recommend that mom/dad check out:
<https://www.healthychildren.org/English/media/Pages/default.aspx>
- Canadian Paediatric Society's statement on Screen Time for Young Kids:
<https://cps.ca/documents/position/screen-time-and-young-children>
- Canadian Paediatric Society's statement on Screen Time for School Aged Kids and Adolescents: <https://cps.ca/documents/position/digital-media>
- Youth & Digital Technology: Growing Up Online Toolkit:
<https://www.albertahealthservices.ca/info/Page17564.aspx>
- Youth Addictions Programme (Phone: 403-297-4664) and/or
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1060409&serviceAtFacilityID=1093780>
 - o <https://www.albertahealthservices.ca/info/Page17566.aspx>
- <https://evolvepsychology.ca/technology-addiction/>

Regarding gaming addictions: <https://camerondare.com>