

# Screen Time








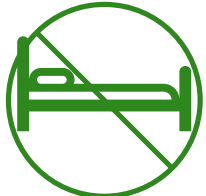

All information in this presentation is  
drawn from:



# Centre for Healthy Screen Use

AT THE CANADIAN PAEDIATRIC SOCIETY

# Modelling Screen Use

Use	Be	Model	Turn off	Choose	Keep	Prioritize
<p>Use screens in moderation: Prioritize real-life interactions like conversation, play, and active routines—especially during meals and family time.</p>	<p>Be mindful of timing: Consider how and when screen use affects everyone in the household, including your own habits.</p>	<p>Model balanced screen use: Children are more likely to want screen time if they see adults frequently using devices.</p>	<p>Turn off screens when not in use: Avoid background media, which can distract and negatively impact child development and family connection.</p>	<p>Choose content carefully: Select age-appropriate media and avoid content with stereotypes, advertising, violence, or adult themes</p>	<p>Keep screens out of bedrooms: Devices in bedrooms—whether for adults or children—are linked to reduced sleep quality and duration.</p>	<p>Prioritize safety: Never use screens while driving. Set devices to “Do Not Disturb” mode and explain the risks of distracted driving to children and teens.</p>
						

# Babies & Toddlers

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**“Digital media offers no developmental benefit for babies and toddlers”**

Toddlers and young children thrive on real-world learning which includes:

- Sensory stimulation
- Human interaction
- Physical exploration of their environment

**To support healthy development:**

Avoid screen exposure for children under 2 years old (except for video chatting)

Limit screen time for children aged 2 to 5 years to 1 hour or less per day, focusing on active or educational use.

Excessive screen time in preschoolers is linked to increased behavioral issues and episodes of ‘acting out’



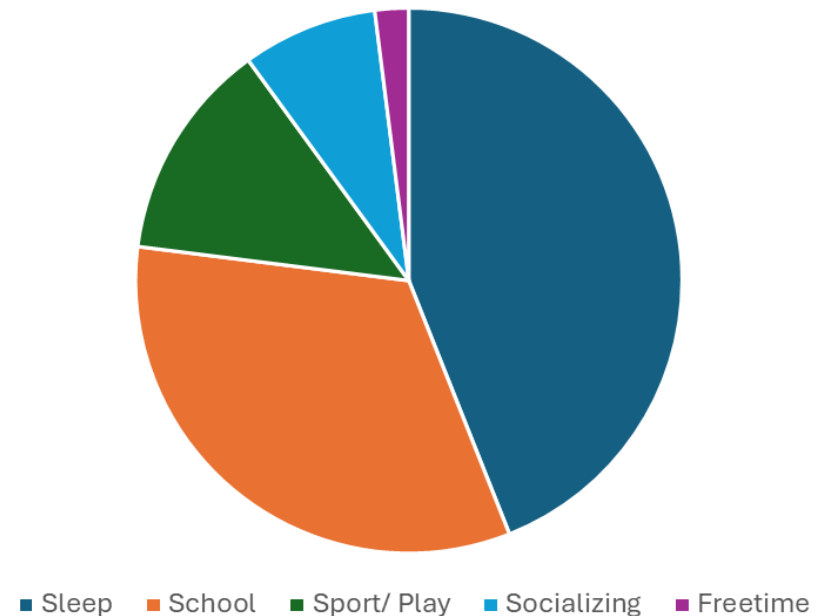
# School Aged Children & Teens

**Put daily routines first:** Prioritize essential activities like meals, sleep, homework, and physical play over screen time.

**Support purposeful media choices:** Help children and teens select content with educational or creative value that promote learning, skill-building, or positive engagement

**Be involved in media use:** Participate in your children's media experiences—play video games with them, watch shows together and ask about their online interactions.

Healthy Daily Habits



<b>Age</b>	<b>Screentime Recommendations</b>
Children under the age of 2	No screentime
Children aged 2-5	Less than one hour per day
Children aged 6-17	Recreational screentime should be limited to no more than 2 hours per day
18-64	Recreational screentime should be limited to 3 hours per day



# Sleep

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**Keep screens out of all bedrooms:** Avoid having any devices in bedrooms to support better sleep for all family members.

**Model healthy habits:** Adults should also keep devices out of their own bedrooms to set a positive example.

**Protect children and teens:** Removing screens from bedrooms helps prevent access to inappropriate or troubling content when alone.

**Support teens socially:** Teens may feel pressure to stay online for friends. If removing screens from their bedrooms, allow them time to inform their friends first.

**Reinforce boundaries gently:** Communicate the reasons behind screen-free bedrooms to encourage understanding and cooperation.

<b>Age</b>	<b>Sleep Recommendations/ Day</b>
0-11 months	12-17 hours
1-2 years	11-14 hours
3-4 years	10-13 hours
5-13 years	9-11 hours
14-17 years	8-10 hours
18-64 years	7-9 hours

# Create a Family Media Plan

## Questions to Consider

**Inventory of screens:** What types and how many screens are in the home? Where are they located? Which ones do children use?

**Shared viewing habits:** Is screen time a shared family activity or a way to relax together?

**Background screen use:** How often is a screen on when no one is actively watching?

**Screens during meals:** Does anyone use screens at mealtimes?

**Content viewing:** What content do you co-view with children? What do they watch alone?

# Create a Family Media Plan

## Questions to Consider

**Interactive viewing:** Do you talk with children about what they're watching while co-viewing?

**Exposure to adult content:** Are young children present when adult or commercial programming is on?

**Screens as babysitters:** How often are screens used to occupy children while adults do chores?

**Childcare screen use:** Are screens used in your child's daycare or preschool? How regularly?

**Screens before bed:** Are screens used before bedtime? How long before sleep? Are screens allowed in children's bedrooms?