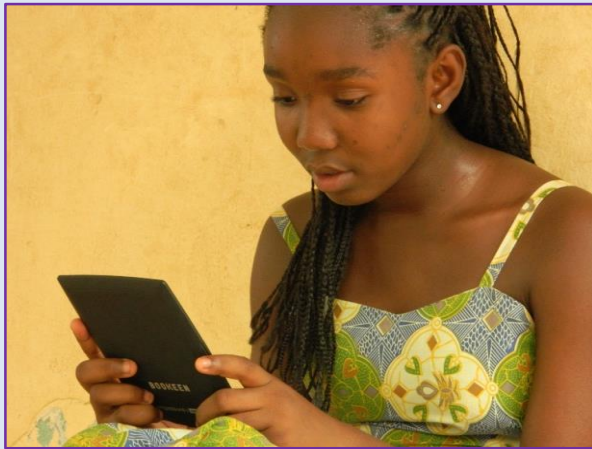


# Unplug and Connect:

## Ending Screen Time Battles



We know that too much screen time can lead to disrupted sleep and behaviour issues. But how much is “too much”? We’ll discuss recommended daily time limits according to age and how to set healthy limits around screen time. We’ll also explore ways to engage your children’s cooperation in implementing healthy screen time habits in your home. Helpful resources will be provided.

**Monday, May 27, at 7:00 PM**  
Parkinson Centennial Public School  
120 Lawrence Avenue

**Free!**  
Registration  
Is required.

For more information or to register, please contact:  
DPSN at 519-940-8678 or [info@dpsn.ca](mailto:info@dpsn.ca)

