

Power Off & Play



What is screen time?

Screen time is any time spent using a:

- TV
- Phone
- Smart watch
- Gaming console
- Handheld (e.g. DS)
- Tablet
- Computer

How much screen time is suggested?

The suggested screen time a child should have depends on their age:

- Under 2: no screen time
- 2 to 4: less than 1 hour per day
- 5 to 17: no more than 2 hours per day*

For more information on screen time limits and physical activity guidelines visit:

www.csepguidelines.ca

**Recreational screen time*



Why does this matter?

Less screen time means there is more time to:

- Be active (go outside, play hockey, swim)
- Talk to each other
- Play and read

For more information on how screen time impacts a child's health visit: www.caringforkids.cps.ca

How to balance screen time at home:

To meet the suggested screen time limits:

- Set specific times that the house is screen-free
- Turn off screens when not in use
- Put screens away at meal times (parents and kids!)
- Power off 1 hour before bedtime
- Keep screens out of bedrooms
- Log screen time use

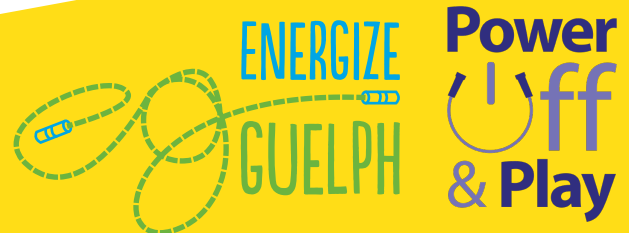
To develop healthy screen time habits:

- Be involved (ask questions)
- Discuss online safety and privacy
- Learn and chat about rating systems
- Preview content
- Watch media together
- Be a role model



More information on healthy habits:

www.caringforkids.cps.ca
www.esrb.org
www.common sense media.org
www.binarytattoo.com
www.priv.gc.ca



Fun Family Dinner Time!

Instead of asking “how was your day?”, here are some ideas for fun chats at the dinner table:

Conversation starters:

- What is your favourite thing to do outside?
- What is the funniest thing that you did today?
- If you were a fruit, what fruit would you be? Why?
- 20 things I love about...
 - Summer break
 - Meal times without screens
 - My family

For more information on dinner games, conversation starters and the benefits of family dinners visit:
www.thefamilydinnerproject.org



Screen Time Tracking Log

Fill in the number of minutes or hours spent in front of screens

	TV	Video Games	Hand-held Devices	Computer	Daily Total
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Adapted from Healthy Kids Community Challenge
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