



Tips for Parents to Promote Healthy Screen Habits

1. Set limits

The Canadian Paediatric Society recommends no more than one hour of screen time per day for preschoolers and two hours or less of screen time per day for school-aged children.

2. Serve screen free meals

Encourage all family members to eat meals at the kitchen table with all screens turned off.

3. Create screen free environments

A child's bedroom should be a screen-free environment. Keep television, gaming equipment and the Internet out of your child's bedroom.



4. Lead by example

You are your child's number one role model. Demonstrate healthy screen habits and a commitment to healthy eating and active living.

5. Be aware

Watch, play and listen with your child. Supervise computer use and teach Internet safety.

6. Help them to become critical consumers

Encourage your child to think about what they see in the media. Television programs and commercials can be a great springboard for family discussions.