

## Balancing Screen Time

Screen time means the time spent using devices like computers, TVs, phones, and tablets. To help your kids develop good habits, it's important to watch how much time they spend on screens and teach them to use technology safely.

Here's what experts recommend from the Canadian Pediatric Society:

- Kids under 2 years old shouldn't use screens at all.
- Kids aged 2 to 4 should use screens for less than 1 hour a day.
- Older kids should use screens for less than 2 hours a day.

Learning about how screen time affects kids can help you make better choices for your family's health.

Finding Balance:

- Show your kids how to balance screen time with other activities.
- Make screen time active by playing games during commercials and choosing shows that make you move.
- Make a list of fun activities that don't involve screens, like playing outside or reading.

Keeping Track:

- Keep all devices in one place to help monitor screen time.
- Create a family TV schedule and agree on rules, like no screens during meals.

Using Screen Time to Learn:

- Watch educational shows together and talk about them.
- Choose shows that repeat ideas, pause to ask questions, and teach one message at a time.
- When someone is talking to you, look at them instead of the screen, and encourage your kids to do the same.

Source: [Balancing screen time](#)