

# Managing your child's SCREEN TIME



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ET grandir



## GOOD TO KNOW...

By screens, we mean **televisions, smartphones, tablets, computers, and video game consoles.**

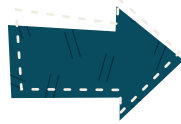


# Should children's screen time stay below a certain **LIMIT?**\*

**0-2  
years**



**2-5  
years**



**5 years  
and up**



\* Canadian Paediatric Society  
recommendations

# REMEMBER !



**Set clear rules**



**Stay near when your child is using a screen device**



**Screen time at a young age isn't beneficial to a child's development,**



**Continue to supervise your child's screen use after age 5,**



**To develop properly,  
a child needs:**



**To play in a variety  
of ways**



**To interact with  
children and  
adults**



**To have time to  
play freely, move  
about, and talk**

# Lead by **EXAMPLE!**

**Avoid using your phone when you're with your child.** To develop properly, your child needs you to talk and play with them, and give them your full attention.



## RULES OF THUMB:



**Set aside your devices during dinnertime** so you have more opportunities for family conversations.

**Turn off the TV** when no one is watching it. Constant background noise interferes with learning.



**Turn off screens at least 1 hour before bedtime** to avoid negative effects on your child's sleep.