

BE WELL

BUILD HEALTH INTO YOUR DAY, YOUR WAY.



2

HOURS OR LESS OF TV/SCREEN TIME

Take a break, turn it off, unplug and play

Why limit screen time?

Too much screen time in our daily lives makes it easy to overload on information and forget about being active and connecting with others. Too much screen time can lead to:

- Poor sleep
- Aggressive behaviour
- Withdrawal and/or isolation from friends and family
- An unhealthy weight

Does screen time include school or homework?

No. Screen time is time spent:

- Gaming
- TV
- Social media
- Handheld games
- Tablets

and oh so much more ...

Tips to help reduce screen time

- Create rules about screen time; set limits and enforce gradual changes
- Keep screens out of your child's bedroom
- Avoid using screens close to bedtime
- Turn off the TV while you are eating dinner
- Get outside each day. Enjoy activities such as drawing, painting, walking, playing games and participating in outdoor play
- Add activity breaks into long car trips

Help your child understand that it is important to balance screen time and activities including playing and connecting with others

Did you know?

Currently, only 24% of 5-12 year olds are meeting the recommended guidelines of 2 hrs of screen time per day.: