



**Have a Ball
Together!**

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meilleur départ**
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Tips for reducing screen time

Sitting too long is not healthy. Children who are not active are more likely to develop chronic diseases, including heart disease, type-2 diabetes, some forms of cancer and mental health problems.

Screen time is a cause of physical inactivity for most children. Screen time includes watching TV, using the computer, using hand held electronic devices, and playing on tablets and smart phones.

Too much screen time has been linked to:

- Obesity
- Irregular sleep
- Behavioral problems
- Less time for play
- Changes in brain structure and functioning

For children under 2 years, screen time is not recommended. For children 2-4 years, screen time should be limited to less than 1 hour per day.

Here are some tips to help you reduce your child's screen time:

- As a role model, set a good example for your child and limit your own screen time.
- Move the TV to a less accessible location.
- Set screen time limits and stick to them.
- Avoid using TV as a babysitter – involve children in household activities like chores and meal preparations.
- Remove screens from your child's bedroom.
- Turn off the TV during meals.
- Encourage other activities like puzzles, crafts, games or playing outside.
- Change up your language – instead of “You can’t watch TV”, say “Let’s turn off the TV so we can...”
- Set screen-free hours each day or a screen-free day each week.
- If your child is watching his or her favourite show, incorporate activity breaks during the commercials.

Whether at home, in childcare, at school, or in the in the community, we all have a role in getting kids active. Help set the path to a happy childhood and a lifetime of healthy living!



For more information, tips and activity ideas, visit haveaballtogether.ca