



# HEALTHY MEDIA CONSUMPTION

**< 2**  
No screen time

**2-5**  
1 hour/day

**> 6**  
2 hours/day

## Screen Time Recommendations

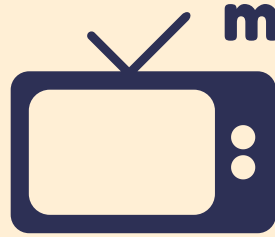
Canadian Paediatric Society 2017; 2018

**“Digital technology can have both positive and negative effects on child wellbeing, depending on the activity and how much time is spent”**

Kardefelt-Winther, UNICEF Office of Research

## Tips for Parents

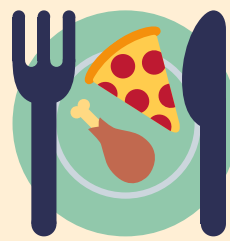
### Look for teachable moments



**Coview with your child:** Watch their favorite shows with them and ask questions about its content



**Repair relationships:** Encourage your child to apologize to those they may have hurt online or in person



**Use dinner time to talk about problems that have come up online or over the phone**



**Set up first online accounts WITH your child,** given that they are eligible. Ask about privacy settings and passwords



**Keep a routine as much as possible** (ex. bedtime, mealtime, school work time)



### Model tech free times & places

**Explain why you are on your devices** (ex. work)



### Model responsible technology use



**Set household screen time guidelines that YOU will model**



**Let your child know the importance of talking with loved ones**

### Encourage offline activities



**Cook a family meal together**

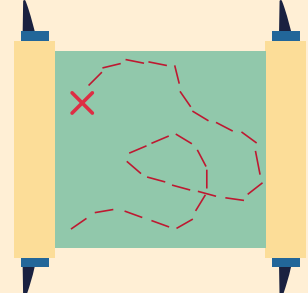


**Play boardgames**



**Walk in the neighborhood**

### Make a family art project



**Go on a Math & History scavenger hunt around the house**

**Read or create your own story**



**Challenge your child to a dance battle**

