

USING SCREENS

Screens can take up a lot of space in family life. Your role is to supervise their use and be a positive role model for your 2-to-5-year-old.



Managing screen time:

Between the ages of 2 and 5, experts recommend **less than one hour of screen time a day**. The rest of your child's day can be spent playing outside, drawing, cooking with you, etc.



Have **meals together**, away from screens.



Don't allow screens before bedtime; the light affects sleep quality!



Turn off the TV when no one is watching.



Being a good role model:

Limit notifications on your cellphone.

Put your phone away during playtime, meals, trips to the park, etc.

Look up from the screen when your child is talking to you or you're talking to them.



Keep books in the car, toys in your bag, etc. so you always have something to keep your child entertained.



Help your child develop healthy habits

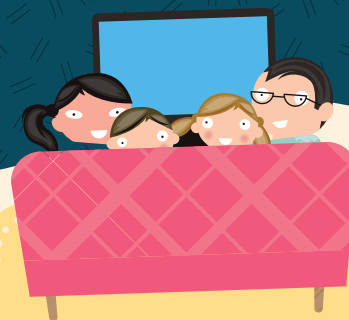
Opt for interactive screen time.

Choose activities that get them to point, choose, click, draw, dance, or sing.



Use screens in shared spaces and as a family.

This makes it easier to manage screen time and monitor what they watch.



Talk to your child about what you're watching together.

Confirm how much screen time they're entitled to and give reminders.

"You can watch one episode of your show."
"You have 5 minutes left, then it's time to turn off the TV."

Schedule screen time.

"After you put your toys away, you can play your game for 10 minutes."



If your child complains, remind them of the rule. The earlier you set limits, the easier it will be to manage screen time as they get older!

As a parent...

How can I reduce **my** screen use?

What are **my** screen habits?

What are the **family rules on** screen use?

