

Monitor Screen Time

Screen time includes use of computers, TVs, video games, smartphones, and tablets. Help kids build healthy habits by limiting screen time and teaching safe, smart media use.

Keep devices in a shared space, like the kitchen, and create screen-free zones during meals, bedtime, and family time.

Canadian Pediatric Society Guidelines:

- **Under 2 years:** No screen time
- **Ages 2–4:** Less than 1 hour per day
- **Older children:** Less than 2 hours per day

Balance Screen Time with Other Activities

Ideas:

- **Indoor:** Reading, arts and crafts, board games, puzzles, cooking, imaginative play
- **Outdoor:** Biking, sports, nature walks, playground time, sidewalk chalk
- **Family:** Game nights, dance parties, DIY projects, visiting the library or local events

Why Limit Screen Time?

- Too much screen time—whether TV, tablets, phones, or games—can affect kids' sleep, schoolwork, and relationships.
- It can lead to more frequently choosing highly processed foods and fewer nutritious choices.
- It may reduce physical activity.
- Try to balance screen use with habits like outdoor play, reading, and family time.

Use Screen Time to Learn

Help your child learn by viewing and talking about TV and other media together.

Choose TV shows that:

- Repeat ideas to help kids learn
- Pause and ask kids to join in
- Teach only one message at a time
- Model good media use to teach children to use screen time mindfully

MORE RESOURCES, visit:

[Media Smarts.ca](https://www.media-smarts.ca)

- **Search: Screen Time**

myhealth.alberta.ca



For information on mental health, community supports, programs and services in your area: