

# Managing your child's SCREEN TIME

## GOOD TO KNOW...

By screens, we mean televisions, smartphones, tablets, computers, and video game consoles.



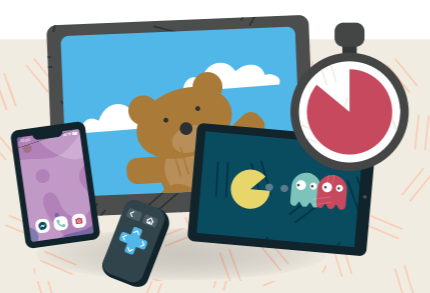
## Screen time **LIMITS** that should not be exceeded\*

**Before age 2**



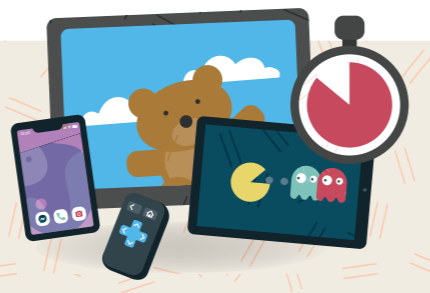
No screens

**2 to 5 years**



1 hour maximum per day

**6 to 12 years**



2 hours maximum per day for leisure activities

\* Recommendations put forward by the Quebec government

Physical, social, and academic activities, as well as sleep, must take priority over screens.

## REMEMBER!



**Set clear rules** about when your child can use screen devices.



**Stay near when your child is using a screen device** so you can explain anything they have questions about.



**Screen time isn't beneficial to your child's development**, even if they're using an "educational" app.



**Continue to supervise your child's screen use after age 5**, as they still need guidance.



## To develop properly, your child needs to:



Play in a variety of ways and engage in free play



Interact with children and adults



Move, talk, and get enough sleep

## Lead by **EXAMPLE!**

**Avoid using your phone when you're with your child.** To develop properly, your child needs you to talk and play with them and give them your full attention.



## RULES OF THUMB:



**Set aside your devices during dinnertime** so you have more opportunities for family conversations.

**Turn off the TV** when no one is watching it. Constant background noise interferes with learning.



**Turn off screens at least 1 hour before bedtime** to avoid negative effects on sleep.

