

Dear parents,

The Canadian Paediatric Society reminds us that "almost all children in Canada are already exposed to screens by the age of two". Screen time is becoming an increasingly important part of our lives. Our little ones are also exposed. A TV on, a tablet for entertainment, a phone to play games - in short, screen time is adding up fast.

The Canadian Paediatric Society recommends  
**avoiding exposure to screens before the age of 2.**

Check out this resource for tools to support you and your children in their use of screens:

[Strive for digital balance | PAUSE \(pauseyourscreen.com\)](https://www.pauseyourscreen.com/)

Recommendations	
<i>Leading by example</i>	<ul style="list-style-type: none"> <li>✓ Turning off screens when not in use</li> <li>✓ <b>Be a good role model for your children</b></li> <li>✓ Reduce your own screen use</li> </ul>
<i>Limit screen time</i>	<ul style="list-style-type: none"> <li>✓ <b>No screen time is recommended for this age group.</b></li> <li>✓ Children learn <b>through interaction with adults</b></li> </ul>
<i>Decrease risks</i>	<p><i>Screens are not the best choice. Here are some options to reduce the risks:</i></p> <ul style="list-style-type: none"> <li>✓ Using screens to communicate with family who is away</li> <li>✓ Supervise the reading of stories on YouTube</li> <li>✓ Avoid exposure to problematic content</li> </ul>

#### Negative physical effects of screens:

- Poor eating habits
- Weight gain
- Vision problems
- Shortened, poor-quality sleep

#### Negative effects of screens on behavior:

- Antisocial behavior and social isolation
- Self-soothing difficulties
- Decreased parent-child interaction
- Parental supervision is reduced when the parent uses a screen
  - 70% of potential accidents occur when the parent is on the phone

#### Negative effects of screens on development:

- Language delays
- Attention problems
- Reduced development of brain capacity
- Reduced short-term memory