

Dear parents,

The Canadian Paediatric Society reminds us that "only 15% of Canadian children aged three to four meet the guidelines of less than one hour of screen time per day". Screen time is a growing issue in our lives. With the widespread use of cell phones, our children often spend more time in front of their screens than we think.

The Canadian Paediatric Society recommends limiting screen time to
no more than 1 hour a day.

Consult this resource for tools to help you and your children use screens:

<https://pauseyourscreen.com/striving-for-balance/>

| Recommendation for children aged 2 to 5 years | |
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| <i>Set a good example</i> | <ul style="list-style-type: none"> ✓ Screen-free time for the whole family ✓ Turning off screens when not in use ✓ Be a good role model for our children ✓ Reduce our own use of screens, especially during meals and activities with our children. |
| <i>Limit screen time</i> | <ul style="list-style-type: none"> ✓ A maximum of one hour of screen time per day is recommended for this age group. ✓ Always avoid screens one hour before bedtime ✓ Children learn through interaction with adults |
| <i>Reduce risks</i> | <ul style="list-style-type: none"> ✓ Use screens to communicate with family who is away ✓ Use for educational purposes only |

Negative physical effects of screens:

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

Negative psychosocial effects of screens:

- Antisocial behavior and social isolation
- Self-soothing difficulties
- Decreased parent-child interaction

Negative developmental effects of screens:

- Language delays
- Attention problems
- Decreased brain capacity
- Reduced short-term memory