

Managing children's screen time

Research suggests children with high levels of screen time perform poorly on development measures, score lower on language and thinking tests, and have more behavioural and peer relationship problems.

Too much screen time isn't healthy, but there are solutions.

Read the reviews

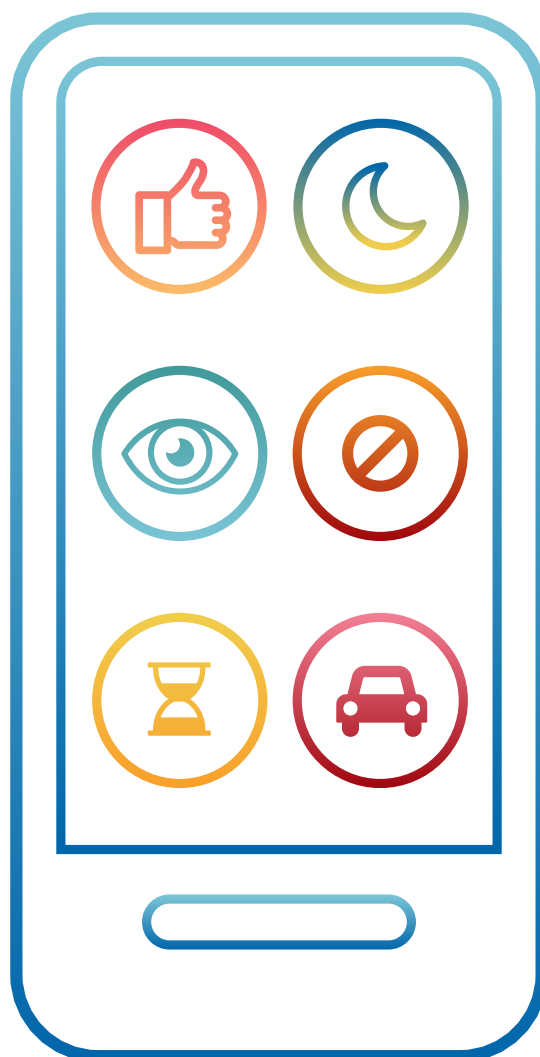
Choose age-appropriate games and movies by reading the reviews.

Watch and play

Pay attention and ask questions to determine how screen time is affecting their thoughts, feelings and behaviour.

Limit your screen time

If you spend hours on digital devices, they will want to do the same.



Turn off screens at night

Set a time at night when all family screens are turned off.

Have screen-free zones

Keep bedtime, mealtime, and family activities time screen-free.

Don't use screens to distract

No screen time in the car except long trips. Overcome momentary boredom in creative ways with simple games and activities.

The opinions and interpretations in this publication are those of the author and do not necessarily reflect those of the Government of Canada.