



**Don't
leave kids
to their
own
devices**

Help children and teens use media wisely

Manage use: Have rules and limits about what, when, and how much

Make it meaningful: Choose educational and purposeful content

Model moderation: Have family screen-free times, especially during meals

Monitor screen time: Know what your kids are doing online...and when to be concerned

More info at healthyscreenuse.cps.ca



**Centre for Healthy
Screen Use**

AT THE CANADIAN PAEDIATRIC SOCIETY



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