



Is she getting enough face time with you?

Young children learn best by interacting face-to-face with caring adults. Not with screens.

Make time for reading, singing, dancing, arts and crafts, and playing outside.

Limit screen time

- Under 2 years old: No screen time
- 2 to 5 years old: Less than 1 hour per day

Tune in to kids

- Turn off screens when no one is watching
- Turn off screens at least 1 hour before bed
- Watch with your children
- Choose content that is right for their age
- Set limits when children are young
- Be a good role model: Limit your own screen time, especially around your children



**Centre for Healthy
Screen Use**

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