As parents and caregivers, it is important to model appropriate screen use.
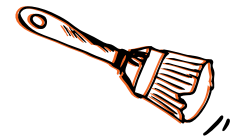
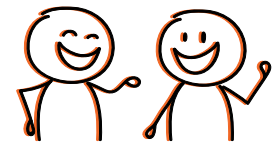Encourage balance through a variety of screen-free activities:

Outdoor play

Reading

Hobbies

Face-to-face interactions

Setting limits and establishing healthy screen time habits as a family, can help lessen negative effects now and in the future.

For more information visit:

caringforkids.cps.ca

Screen time and your child's mental health.

Screens can be good for learning and can help children stay connected to family and friends, but did you know that too much screen time may increase the risk of poor mental health? Children who spend too much time on screens may seem:

- lonely, sad, withdrawn
- stressed, nervous, agitated
- aggressive, angry

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