

Pathways to Care Series:

Tips to reduce screen time for families



Kids don't remember their best day of television.

There are many studies about the negative effects of screen time including weight gain, issues with sleep and vision. Screen time is also associated with an increased risk of depression, poor mental health and poorer health outcomes.

While screens are a part of today's culture, there are health benefits related to reducing screen time.

We have gotten used to the notion that we need to continuously be stimulated. We no longer know how to deal with boredom - to just sit and be or to daydream.



Canadian youth average 13.1 hours daily

91% of Canadians are using the Internet for information, communication and entertainment.

Canadians ages 18-34 spend an average of 13.1 hours of screen time daily.



The average person
unlocks their iPhone 80
times a day.

11 hours

On average, a teenager
spends 11 hours a day in
front of a screen.



Did you know... Children's brains are still developing, and they need time to build active imaginations and learn how to focus. Children ages 2-5 should have no more than 1 hour per day of screen time.



Tips to reduce screen time

1. Set screen time limits and let kids have some say so they don't see it as a punishment. Decide on the amount of screen time but offer to let them choose when to use it.
2. Plan more activities - face-to-face time with friends and family, recreation, sports etc....
3. Many families eat dinner with the TV on, add no tech times throughout the day.
4. Designate screen-free areas of the home - like the bathroom!
5. Turn off notifications on your phone.
6. Go grayscale - colorful apps are designed to trigger your brain's reward system and make you feel good.
7. Partner with friends, family and parents of your kid's friends so that everyone is on the same page.
8. Limit what's on your home screen and keep only what you use daily. Everything else is on the 2nd and 3rd page - out of sight out of mind.
9. Add parental controls to your kids' phone to help them balance screen time.
10. Set screen time as a reward - get homework and chores done first.

Sources: rallyhealth.com, CanadianPaediatric Society, Brainbalancecenters.com and Alcon Canada

On the path to living healthier. Together.