



Limiting Screen Time

Today, many children have some sort of device that has a screen they can look at; a television, a tablet, or a cellphone. Studies are now showing that children spend almost 7.5 hours a day looking at screens- that's a complete work day. Guidelines suggest that children ages 5-17 should limit their screen time to only 2 hours a day . Some children are spending more then 5 hours above the recommended time, looking at screens. Children learn best when they are actively involved. Activity and play are valuable in the development of a child's brain.

By engaging with your child and getting them active, you help them develop creativity, problem solving, and many other important skills. So why not get away from the screens for a while, and try something fun!

Here are some activities to do with your child instead of spending time in front of a screen:

- Play outside
- Paint or draw pictures
- Play cards or board games
- Cook with your children- pick a favorite recipe and help them make it

There are lots of fun and exciting activities to do instead of sitting in front of a screen. Try it and see how much fun you can have!

For more information, you can visit these websites:

- http://www.caringforkids.cps.ca/handouts/limiting_screen_time_at_home
- <http://www.participaction.com>
- <http://www.screenfree.org/>

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References:

Participaction. (2013). Learn the Facts.
Jones, R. (2015). How to use technology to limit kids' screen time.