



### Tips for Screen Time

This information supports the following Healthy Beginnings 2-5 guidelines:

- Children will be exposed to 30 minutes or less of screen time daily while in childcare.
- Alternatively, no more than 150 minutes of screen time will be accumulated through the week in childcare. Less is better.
- This includes computers, movies, video games, tablets, smart phones, active video games, etc.
- All attempts should be made to avoid exposing children to marketing and advertising.

When possible, TV shows/movies should be interactive and educational. Moderate amounts of educational television or software can help build vocabulary, number, or letter skills (Dragon Tales, Arthur).

Choose shows that encourage imaginary play and role-playing, and use ideas from the TV show to play with your students.



Children under the age of 2 should not be exposed to any screen time.

Watching DVDs, recorded TV and educational DVD's will help limit children's exposure to marketing through commercials. If avoiding commercials is not possible, mute the TV and have the children work on balances, jumping jacks or anything physically active that divert their attention from the TV.

*Adapted from CSEP Sedentary Behaviour Guidelines 0-4 Years and Media Smarts.*