



# Power Down!



**No more than 2 hours of recreational screen time per day**

No more than 1 hour of screen time for children 2 to 5 years of age.

0 screen time under the age of 2.



### Improves sleep:

Lights and activity from screens, near bedtime, are linked to sleep problems.



### Improves relationships:

Increases frequency and quality of interactions with others and reduces isolation.



### Improves mental health:

Less screen time can improve concentration and can reduce anxiety and/or depression.

## Tips for healthy screen habits

- Set some basic screen time rules.
- Keep screens out of bedrooms.
- Turn off electronics during mealtimes.
- Be active.
- Keep books, magazines, and board games in the family room.
- Try going a day without screens once a week.

### Screen-Free Activities

- Read a book
- Walk the dog
- Ride a bike
- Go on a nature hike
- Turn on music and dance
- Spend time with your friends or family
- Play board games
- Practice your favorite sport
- Go to the library
- Make a craft
- Walk, jog, or run
- Do a mindfulness exercise

### DID YOU KNOW?

- Canadians aged 12 to 17 years, spend on average almost 8 hours in front of a screen every day.
- Screen time includes time spent on televisions, computers, smartphones, gaming consoles, and tablets.

