

Help your kids take a break from screen time.



Taking a break from screens (computer, television, video and hand held devices) can be a challenge. According to Statistics Canada, boys and girls are sitting for long periods over eight hours a day. This puts children at risk for preventable health problems including Type 2 diabetes, obesity and heart disease.

Recreational screen time for children should be limited to less than two hours per day.

Tips for parents:

- Talk with your kids at an early age about screen time limits and stay committed to your agree
- Consider a no/less T.V. or gaming rule during the school week and at meal times. Watch for signs of excessive gaming, T.V. watching, texting and using the internet
- Life is busy and it's hard to get quality time with your kids. Look at times of the day when you family can do something active together
- Safety is always important. Make sure the proper safety gear is worn during activities
- Look for more tips at <http://www.media-awareness.ca/english/parents/index.cfm>

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

