

TIPS TO REDUCE SCREEN TIME

- **Place clear limits on screen-time.**
 - Set a house rule together — no more than a certain amount of screen time per day (e.g. 30 minutes a day or one hour every other day). All screens count equally towards this time limit.
- **Enforce the rule once it's made.**
 - Set a timer to alert your child when it's time to turn off the screen. You can also look for special features or apps that set time limits on your electronic devices.

Tips for active play: Get outside

When children are outside they move more, sit less and play longer. What else do they love about being outdoors?

- The freedom to shout and make noise
- Places to hide or explore
- More space to move around
- Fresh air and sunlight
- Being messy

Screen-free activities to try

- Fly a kite (consider making your own [ribbon hand kite](#))
- Play a game of [tag](#)
- Do a community clean-up
- Explore your local park or forest



Did you know?

Physical activity, sedentary behavior, and sleep are closely related. Children who sleep well have more energy to play. Children ages five to 13 years old should get nine to 11 hours of uninterrupted sleep per night with consistent bedtimes and wake-up times.

For more information contact us at schoolservices@york.ca or go to york.ca/physicalactivity

Sources:

The Canadian Sedentary Behaviour Guidelines

The 2015 ParticipACTION Report Card on Physical Activity for Children and Youth.

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