

Family Screen Time Plan



This Screen Time Plan will get you thinking about screen time and help create goals and rules that are in line with your family's values.

Screen Time Situation

What screen time challenges does your family face (eg. too much TV time, trouble transitioning from screen time to other activities)? Pick one or two challenges and write them down here.

Did you know there are Screen Time Guidelines for children and youth?

Age	Recommended hours
Under 2 years	None
2 to 4 years	Less than 1 hour a day
5 to 17 years	No more than 2 hours of

Let's decide on a screen time goal your family will work towards. Personalize the goal below or create your own!

As a family, we will limit ourselves to no more than ____ hours of screen time each day

Other _____

Screen-Free Zones

Having screen-free areas in your home is important. Check off the spaces below to be screen-free zones.

Mobile devices and TVs are not allowed in the following areas of our home:

Kitchen or Dining Room Table

- Keep family mealtimes and other family and social gatherings tech-free

Bedroom

- Recharge devices overnight – outside your child's bedroom
- Help children avoid the temptation to use or check devices when they should be sleeping
- Emitted light from devices charging may affect the quality of your child's sleep

Stroller

Other _____

Screen-Free Times of the Day

As part of the daily routine, make devices like TVs, phones, computers and tablets off limits at specific times. Dinner and bedtime are important ones but more extended breaks from technology each day are a good idea too.

We will not use mobile devices or other screens during the following times:

One hour before bed

- Using screens before bed can interfere with a child's sleep

Meal Times

- Using screens during meals promotes mindless overeating and discourages interaction

Family Time

- Might be whenever the family is together or during specific times like walking to school together or in the car together

While in the car, except for long trips

Other _____



Screen Time Swaps and Strategies

Swaps

Kids - we need your help with this question!

What are some fun activities that can be swapped for screen time? (eg. go for a bike ride)

Strategies

Parents - what are some strategies you could adopt to manage your screen time? (eg. leave phone at front door, keep phone on silent during family time)

To learn more about screen time visit healthykidshpe.ca.

We are committed to providing accessible publications, programs and services to all.

For assistance, please call 613-966-5500; TTY: 711 or email accessibility@hpeph.ca.

For more information, please visit www.hpepublichealth.ca.