

MINDFUL SCREEN TIME

Mindful screen time is all about balance. Encouraging children and youth to balance screen time with other activities like sports, hobbies and time with friends and family can help build healthy habits for the future.

Parents and caregivers can help with mindful screen time habits by setting good examples and providing guidance. Here are some tips you can try:

Create screen time rules together

- Talk and listen – work together to decide how to have mindful screen time
- Develop a plan the whole family can follow; review the plan every few months
- Try to include no more than two hours of recreational screen time per day
- Aim for less recreational screen time and more educational screen time
- Set time limits to help reduce periods of prolonged sitting
- Turn off screens when no one is using them
- Allow time for gradual changes in behaviour
- Turn off screens during mealtimes so you can enjoy talking and eating together
- Help your child set boundaries with social media and teach them to critically evaluate the messages they see in the media
- Be consistent and model healthy habits



Screens are a big part of our day, but there are many health benefits related to reducing screen time including boosting your mood and improving physical health. Learning to be mindful about screen time together can be good for the whole family!

For more information, please visit york.ca/healthyschools

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