

5 expert tips for healthy screen use

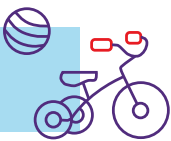
from ParticipACTION's Kids Health Expert, Dr. Leigh Vanderloo

1



Be active while using screens (e.g., exergaming, standing while using hand-held screens, etc.).

2



Put screens away when playing with young children.

3



Monitor personal screen use in front of children and be an active role model in their life instead.



DID YOU KNOW that by age 11, over half (53%) of children have their own smartphone, increasing to 69% by age 12? Kids are spending more time in front of screens right now due to COVID-19, but there are a few things we can still do to help them form some healthy habits around screen usage.

4



Make mealtimes and bedtimes **screen free**.

5



Promote healthful screen use, emphasizing social interaction, online camps or courses and new learning opportunities.



Kids need **60 minutes** of heart-pumping physical activity every day to maintain a healthy lifestyle and limiting the amount of time they spend in front of screens can go a long way to ensuring they hit that number.