

Balance is the key to healthy screen use

High levels of screen-viewing means more time being sedentary, directly contributing to the 'D+' grade Canadian kids and teens received for sedentary behaviour in the **2020 ParticipACTION Report Card on Physical Activity for Children and Youth.**



Kids are spending more time in front of screens than ever for staying connected to friends and family and e-learning, but they can still enjoy some of the amazing benefits that physical activity can have on their **physical, mental** and **social health**, like:



better focus and concentration



better self-esteem and self-worth



improved sleep quality

Report card research also indicates:

Less than **40%** of kids are meeting national screening-viewing guidelines of no more than **2 hours of recreation screen time per day**



Students in grades 6 to 10 spend over **4.5 hours a day** in front of screens



By age **11**, **53%** of kids have their own **smartphone**, with this number increasing to 69% by age 12



Here's a few tips to help get your kids moving more and reducing sedentary time:

1

Help your kids make **physical activity a daily priority** – tell them it's just as important as brushing teeth or doing homework

2

Look for multiple opportunities to 'sneak in' extra movement throughout the day – **from completing chores around the house, to walking the dog or using active transportation to get groceries**

3

Encourage kids to **break up prolonged or uninterrupted periods of sedentary behaviours** with movement whenever possible

4

Involve all family members in the creation of a **family media plan** that includes:

- **Setting limits** around screen viewing
- **Prioritizing screen-free family time**
- Prioritizing **device-free time at home** and using "device baskets" (bins for personal mobile devices) as an aid
- **Removing screens** from children's bedrooms
- Having **screen-free family meals**