

# THE 4 M'S OF SCREEN USE

Technology and screens have become a part of our daily lives. Usage is on the rise among children and youth globally. Although there are educational and social benefits, it is important to recognize the potential developmental, psychosocial and physical risks for children and youth. Parents play an important role in helping their children use digital media in positive, safe ways.



## MINIMIZE SCREEN TIME

- Limit sedentary screen time to less than 1 hr/day for children 2-5.
- Establish screen free times for meals and reading.
- Avoid screens 1 hour before bedtime.

## MITIGATE THE RISKS

- Monitor use and help your child think critically about what they see.
- Prioritize educational, age-appropriate and interactive programming.
- Limit exposure to advertising

## BE MINDFUL

- Develop a family media plan for how and when screens will be used.
- Encourage family media use rather than solitary use by children
- Plan screen free teaching and learning opportunities.

## MODEL HEALTHY SCREEN USE

- Encourage screen free activities such as outdoor play, crafts and reading.
- Turn off devices during family time.
- Avoid background TV
- Advocate for healthier screen use policies