

## Screen Time Information

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Hello StrongStart friends,

In the last year, children's learning and communication have predominantly been online through screens. Screen time is the amount of time spent on a device such as phone, TV or tablets. You may be wondering how much is too much or how can you effectively use screens to promote learning. To find out more about screen use among children, take a look at the below documents prepared by UBC Nursing Students.





# **SCREEN-TIME**

***LEARN THE FACTS TO  
FIND BALANCE IN YOUR  
HOME***

**CREATED BY UBC NURSING  
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# DAILY SCREEN TIME RECOMMENDATIONS

**0-3**

YEARS OLD

**NO SCREEN  
TIME**

**2-5**

YEARS OLD

**LESS THAN  
1 HOUR**

**>5**

YEARS OLD

**LESS THAN  
2 HOURS**

## **FAQ:**

**DOES VIDEO-CALLING FRIENDS AND FAMILY MEMBERS COUNT AS SCREEN TIME?**

**A: NO. VIDEO CALLING FAMILY OR FRIENDS WITH YOUR CHILD IS CONSIDERED SOCIAL INTERACTION. (ESPECIALLY IN THE TIME OF COVID)**



# Screen time tips



## Set Limits!

Use the recommended screen time amounts to clearly set expectations around screen time and create a routine that's easy to follow

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## **Research games and apps before giving them to your child**

Not all screen time is bad! Just make sure you do your research to provide educational videos or games

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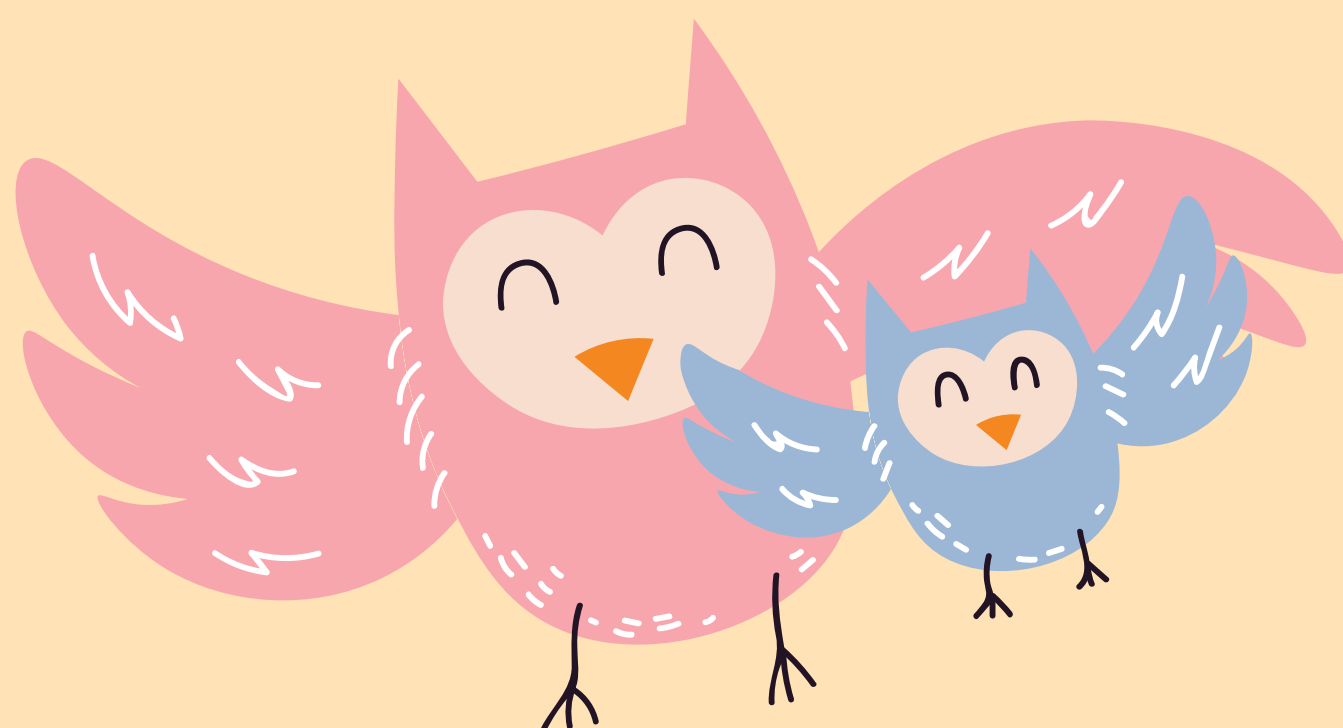
## **Be with young kids during screen time and interact with them**

Use screen time as a way to educate and engage your child!

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## **Encourage the whole family to limit screen use throughout the day**

Try to have family dinner be a phone and tv free time to model a screen time free environment

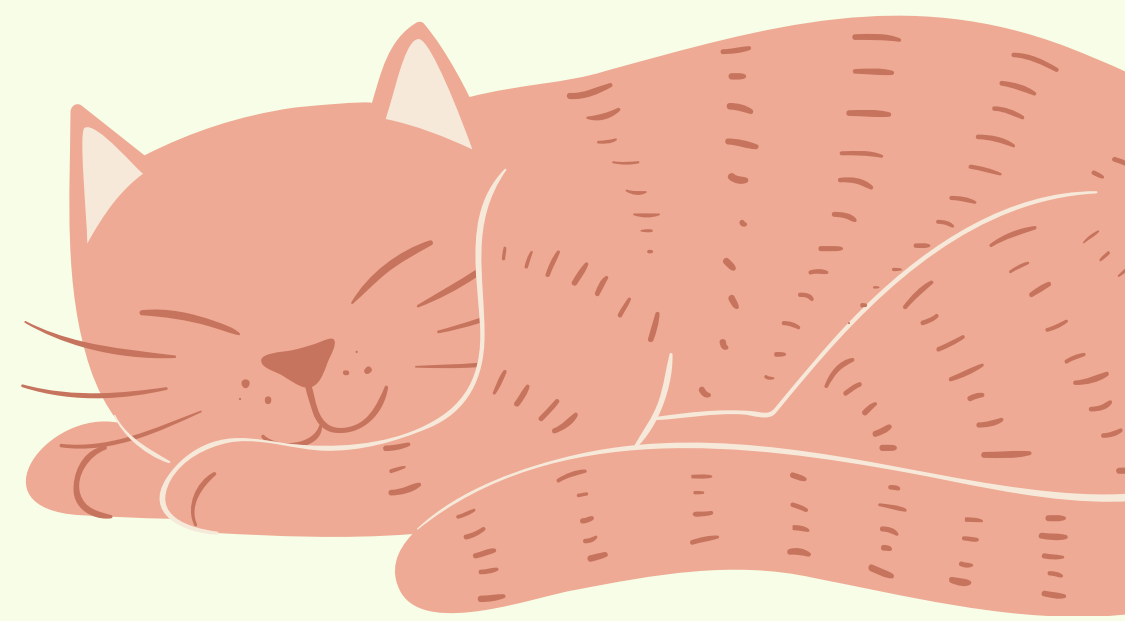


# IMPACTS OF SCREEN TIME

Excessive use of digital media is associated with physical, psychological, social and neurological consequences.

## Physical:

- Poor Sleep
- Impaired Vision
- Risk factor for Obesity

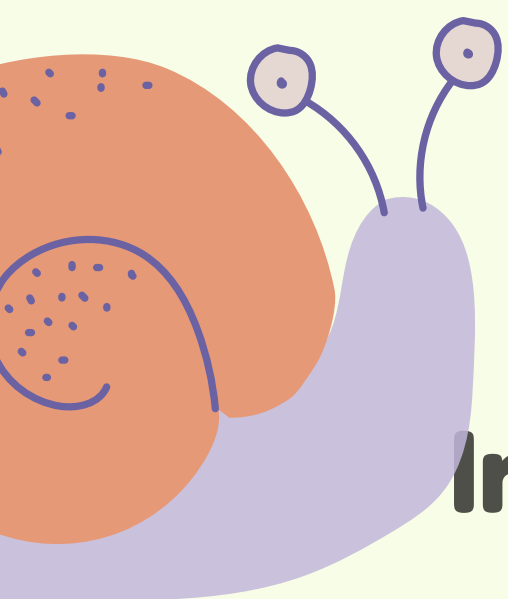


## Psychoneurological:

- Addictive screen time use associated with decreased social coping and increased craving behaviour.

## Physiological:

- Depressive and Suicidal symptoms associated with screen induced poor sleep.
- ADHD related behaviours linked to poor sleep and screen time.



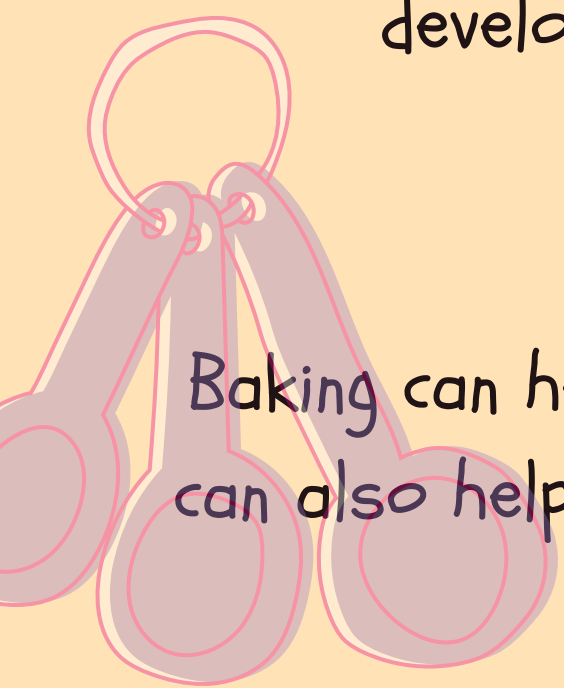
**Increased screen time in young children has been linked to increased BMI, decreased cognitive and language development and reduced academic success (Duch, 2013).**

# ALTERNATIVE ACTIVITIES TO SCREEN TIME

## 1) Pretend Play

Play is an excellent alternative to screen time!

Kids love to pretend play, turn off the screen and try pretending you are animals together. Ask your child questions about the animals you are acting out. Pretend play can help children learn to distinguish fantasy from reality, develop abstract thinking, along with facilitate the development of vocabulary and language skills (Walker, Gopnik & Ganea, 2015).



## 2) Baking/Cooking:

Baking can help children learn about math and the importance of following instructions. It can also help facilitate fine motor skills and enhance communication skills. Encourage them to measure things out and mix ingredients in with clean hands!

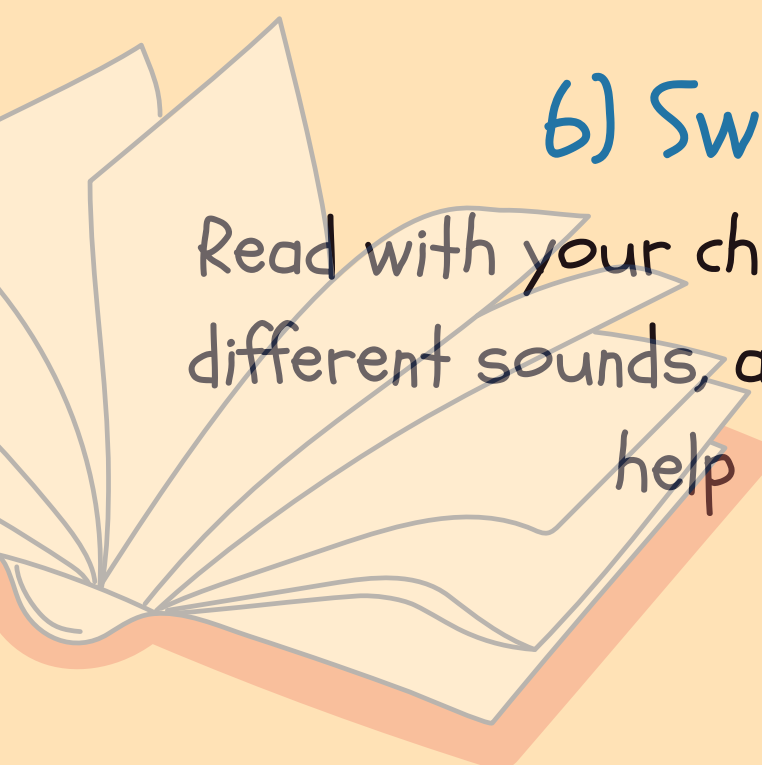
## 4) Puzzles and Board Games

Puzzles and board games facilitate problem-solving, personal-social skills, and fine motor skills



## 5) Plant a garden, water plants and watch them grow

Developing a garden can help children build confidence in their abilities



## 6) Swap out nightly TV for nightly reading together

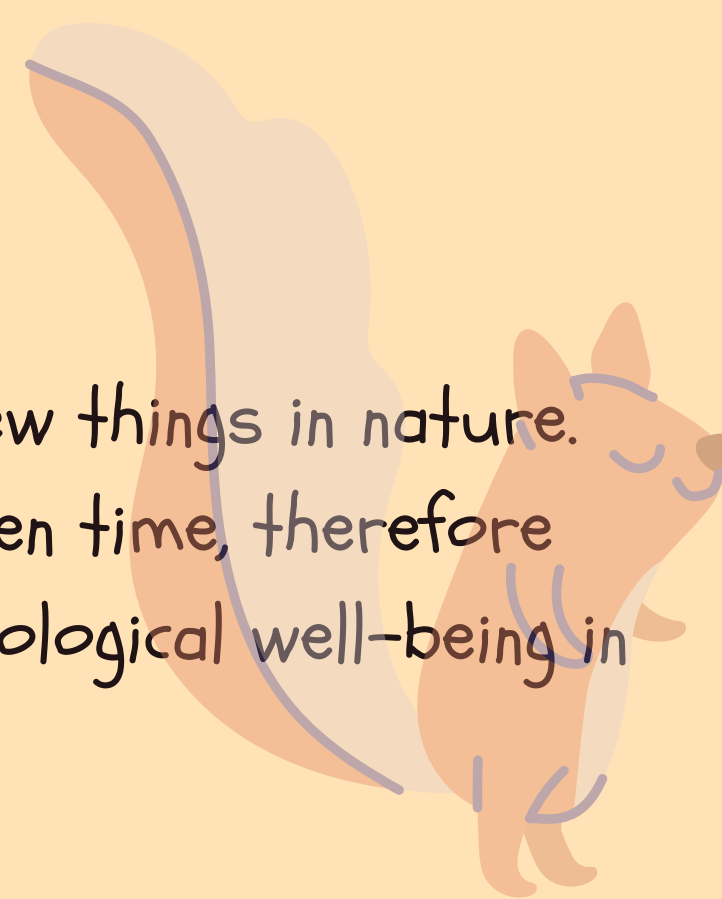
Read with your child every night. This will facilitate language development, getting to know different sounds, and help develop literacy skills. Reading stories about emotions can also help your child learn about self-regulation (Skibbe et al., 2018).

## 7) Make some crafts

Get creative! Supply your child with paper, paint, crayons etc or build something with stuff found around the house. Drawing enhances fine motor skills and can be an excellent way to foster communication between you and your child.

## 8) Green-time:

Get outside! Try creating a picture book scavenger hunt to discover new things in nature. Research suggests green time could buffer consequences of high screen time, therefore nature may be an under utilized public health resource for youth psychological well-being in a high-tech era.



# GREEN-TIME CRAFT ACTIVITY: LEAF COLLAGE

Making a Leaf collage with your toddler combines **active** and **creative play**, allowing your child to practice their **fine motor skills** and **gross motor skills**.



1

**Go on a hunt for leaves!** Walk with your child to collect various leaves, or twigs for the collage.

- Take this opportunity to explain to your child about the changing of the seasons.

2

**Bring your newly collected supplies home!**

-It is advisable to dry the leaves before starting the art portion of the project

3

**Pick and set out craft materials**

*Materials Required:*

**Paper** (coloured or white construction/craft paper)

**Glue**

**Leaves**

**Additional craft materials** can be incorporated e.g crayons for colouring, stickers, string, ect.

4

**GET CRAFTY!**

*Encourage and support your child with organizing and gluing their leaves on the paper.*



# Sources

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