

# Screen Time

Screen time can be watching TV or movies, using computers or laptops, playing video games, or using tablets and smartphones. For young children, they need your help to understand and learn from what they see and hear on screens.



## 5 Ideas and Tips

- **Choose what activities you do on screens.**  
Think about what each child likes to do and what they are interested in. Is the screen time activity something that is relevant for them? What will you help them learn or experience through it?
- **Talk about what you see and hear.**  
When you describe the things on the screen, children learn more words and sounds.
- **Ask questions.**  
This helps children be curious, and it helps them learn different concepts: *“Is this round?”* or *“Where did the ball go?”* or *“Why are they wearing boots?”* Help children ask questions, too.
- **Find examples from the world around you.**  
Connect what children see on a screen to things in their everyday life. *“That bird outside is flying like this bird!”* or *“Remember when you lost your sock, too?”* Children learn best through real examples from their families and caregivers.
- **Get everyone involved.**  
In video calls with family or close friends, you can pretend to pass a ball back and forth through the screen. Ask children about something near them. Play games like peek-a-boo together, dance and sing together. Read a book or tell a story together.



Saskatchewan  
Literacy  
Network

# Screen Time

It's a good idea...



**... to create a plan that works for your family.**

Talk with your family about how much screen time you will use. Make a plan that works for you.

**... to choose screen-free places and times.**

Choose places or times where you and your family focus on things without screens. This might be when you eat together, are out for a walk, or for an hour before bedtime.

**... to choose the right amount of screen time for each child.**

Keep screen time under an hour each day for children 2 years old to 5 years old; or under half an hour each day for children 18 months to 2 years old. Try to only use screens for video calls with family or close friends for children younger than that.



## More information...

- Zero-to-Three: Screen Time  
[www.zerotothree.org/early-learning/screen-time](http://www.zerotothree.org/early-learning/screen-time)
- Canadian Paediatric Society: Screen Time and Young Children  
[caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-young-children](http://caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-young-children)
- American Academy of Pediatrics: Family Media Plan  
[www.healthychildren.org/English/media](http://www.healthychildren.org/English/media)



Saskatchewan  
Literacy  
Network