

SCREENS AND YOUR CHILD: ELEMENTARY SCHOOL

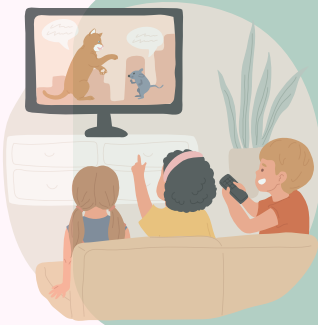
LIMIT

The Canadian Pediatric Society recommends limiting total screentime to no more than **2 hours** per day for ages 5+. Too much screentime is associated with delays in language, gross motor skills and socio-emotional skills.



AGE-APPROPRIATE

Watch any media your child uses to ensure it is age-appropriate, and not too stimulating for them. Quick scene changes, bright colours and loud noises can be too much for some kids.



AVOID:

- Individual screens like phones & tablets
- Screens at meals, in the car, at bedtime
- Using screens to manage behaviours



PRIORITIZE PLAY

- Kids thrive when given opportunities for play (including age-appropriate risky play), boredom, and movement! Simply asking yourself each day if these needs have been met can be helpful



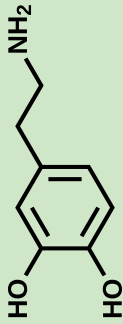
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SCREEN CONTEXT MATTERS

Not all screentime is created equal! One hour watching a movie together is different than one hour spent alone on an iPad, one hour learning to draw on YouTube is different than watching one hour of YouTube shorts, etc.



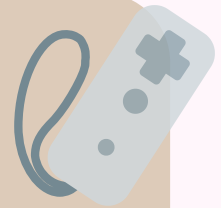
DOPAMINE



Watch for features designed to keep your child engaged- algorithms, infinite scroll, short-form content, pop-up ads etc. These features are present on common platforms like YouTube, Roblox and social media, and I would recommend avoiding them altogether, or using them only in common areas on large TVs so you have more control over how they're consuming.

MEDIA CAN BE FUN! Examples:

- Dancing videos
- Drawing tutorials
- Exploring real-world interests online
- Music players and audio books
- Simple video games played with mom or dad



MODEL Health Tech Use

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SCREENS AT SCHOOL

More technology is entering classrooms. If you have concerns, chat with your child's teacher about when & how they will use tech. Ask for paper-based homework where possible.



PHONES & WATCHES



Many children will start asking for their own phone (or watch) in elementary school. The most popular devices (Apple, Android) carry access to the internet and social media apps.

Based on years studying the research, I do not believe children in elementary school need smartphones or watches. Most apps available were not created with child safety in mind, and we are seeing an increase in mental health disorders related to these devices.

SMARTPHONE ALTERNATIVES

- Home Phone (landline/VOIP)
- Watches: Garmin Bounce, GABB, Bark,
- Phones: Pinwheel, Gabb, Bark
- Some parents use Alexa to allow their kids to call from home



For my full guide,
check this out!

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