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Growing up healthy without too much screen time

Screens are now part of everyday life, but their use must remain appropriate for the child's age. Before the age of 2, experts recommend avoiding screen exposure. Between the ages of 2 and 5, screen time should be kept to less than one hour per day. This limit helps children sleep better, develop their language skills, and cultivate their natural curiosity.

Simple habits can make all the difference: keep family meals screen-free, turn off devices at least one hour before bedtime, remove screens from your child's bedroom, establish regular screen-free periods, and encourage active play, reading, and creative activities.



Small daily changes can give your children the best conditions to learn, play, and thrive.

For more information, see:

- [Public Health Canada's advice](#)
- [Recommendations from the Canadian Paediatric Society](#)