

# SCREENS AND KIDS RESOURCES TO HELP PARENTS & GUARDIANS REDUCE THEIR KIDS' SCREEN TIME

## CANADIAN RESOURCES

### Research and News Articles

Stats Canada 2017 Report on Physical activity, sedentary behaviour, and sleep in Canadian children and youth. Report 1: Are Children and Youth Meeting the Canadian 24-hour Movement Guidelines - Report 2: Physical activity of Canadian children and youth, 2007 to 2015

<https://www150.statcan.gc.ca/n1/daily-quotidien/171018/dq171018b-eng.htm?HPA=1>

Canadian Pediatric Society: Research on Screen time and children 5 and under: Promoting health and development in a digital world

<https://www.cps.ca/en/documents/position/screen-time-and-young-children>

CBC Report: Teens put their Phones Down for A Week: Kingston, Ontario

<https://www.cbc.ca/news/canada/ottawa/kingston-teens-social-media-fast-1.4264824>

Global News Report: 2018: A Study on Too Much Screen Time Could lead to Blindness

<https://globalnews.ca/video/4390534/study-too-much-screen-time-could-lead-to-blindness>

Global News Report: 2014 How to Balance school demands with screen time limits

<https://globalnews.ca/news/1497272/how-to-balance-school-demands-with-screen-time-limits/>

Halton Parents Teens and Screens: Very good article with many links to more information

<https://haltonparentsblog.ca/2018/08/09/teens-and-screens-the-science-you-need-to-know/>

Participation Canada Make Room For Play - Tips for All Ages - Informed Questions and answers, research, reports, blog, 2018 report card on physical activity for children and youth

<https://www.participation.com/make-room-for-play-2/take-action/>

## **General Tips and Information**

Screen Smart: Helping Families Manage Media: Provides an abundance of resources, tips, research and more.

[http://www.screensmart.ca/screens\\_health](http://www.screensmart.ca/screens_health)

The Conversation: Five tips to manage screen time

<http://theconversation.com/five-tips-to-manage-screen-time-this-summer-97844>

CHEO: Keeping Families Strong in a Wired World

<http://www.cheo.on.ca/en/Technology-info-parents>

Caring for Kids: Info from Canadian pediatricians on screen time and children 5 and under.

<https://www.caringforkids.cps.ca/handouts/screen-time-and-young-children>

## **AMERICAN RESOURCES**

Tech Talk Tuesdays – ScreenAgers Website: The filmmaker, Dr. Ruston, shares her family's weekly topics to help you manage and decrease struggles around screen time.

<https://www.screenagersmovie.com/tech-talk-tuesdays/>

Screenagers Information and Resources on Internet Addiction

<https://www.screenagersmovie.com/internet-addiction/>

Sleep & Screens – Blogs, Studies, Organizations

<https://www.screenagersmovie.com/sleep-screens/>

Centre on Media and Child Health - Nurturing Children's Health & Development in Media-Rich Environments. This offers answers to many questions parents have in relation with digital media and their children. It offers an abundance of information and tip sheets.

<http://cmch.tv/>

Healthy Children Organization: Tips, facts, reasons for limiting media use and more

<https://www.healthychildren.org/English/family-life/Media/Pages/The-Benefits-of-Limiting-TV.aspx>

Children and Screens – Institute of Digital Media and Child Development

Offers many parenting strategies, suggestions and resources for parents on all aspects of a child's/teen's life as well as blogs with more information.

<http://www.childrenandscreens.com/>

Children's Digital Media Center: Studies children and teens interaction with digital media and to see how these interactions both affect and reflect their offline lives and long-term development. Videos of presentations and resources for parents and educators.

<http://www.cdmc.ucla.edu/Welcome.html>

Common Sense Media: A variety of information for parents such as family guides and tips, videos, researched reports and more.

<https://www.commonsensemedia.org/research>