



# Is screen time and social media affecting your child?

Are you concerned about the amount of time your child is spending on screens?

**As a parent/caregiver you can:**

- Get involved, set aside time to be present
- Spend time together face-to-face
- Pay attention and model positive screen time habits
- Agree on times when everyone puts away electronics (mealtimes, bedtimes, family events)
- Model positive screen time habits

**Looking for more information?**

<https://caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-digital-media>