

SCREEN TIME

Parental Support for Child Health

BACKGROUND

Parents play a major role in supporting health behaviours and providing children opportunities for healthy active living.¹

In Canada, between 1979 and 2004, rates of obesity in children more than doubled.² Reducing recreational screen time (outside of school or homework activities) is important for promoting and maintaining healthy weights.³

This infographic presents results from a telephone survey of 3,206 parents in Ontario, conducted between February and March, 2015. All results are parent-reported.

CANADIAN SCREEN TIME GUIDELINES⁴

Less than 2 yrs



Screen time not recommended

2-4 yrs



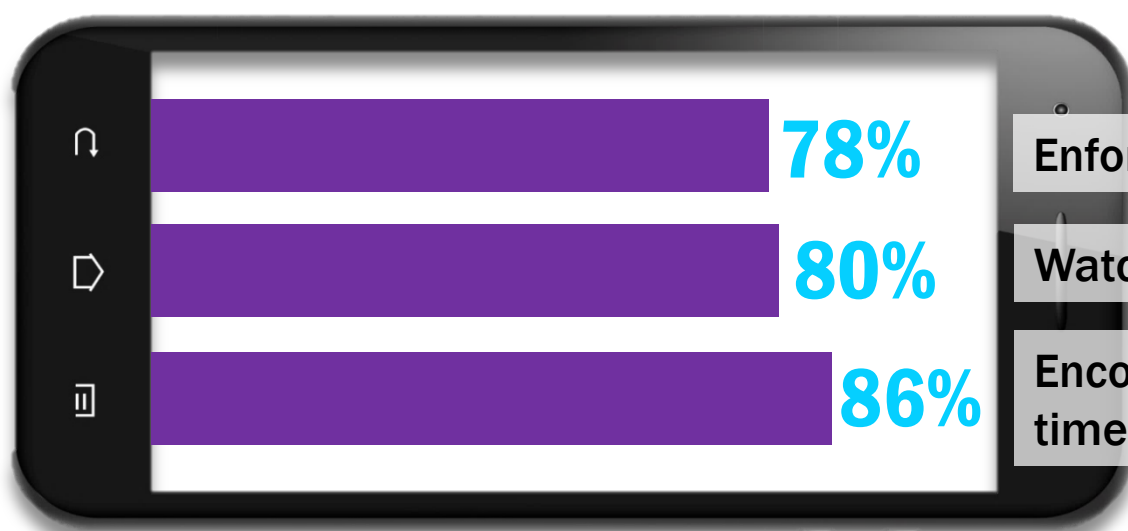
Under 1 hour/day

5-17 yrs

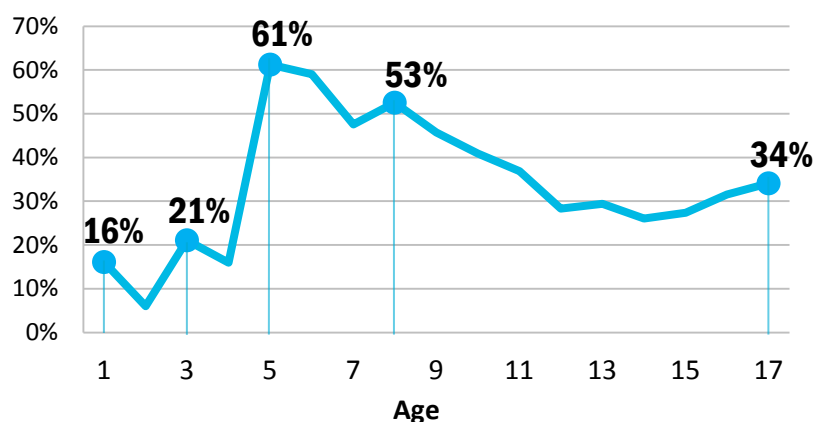


No more than 2 hours/day

HOW ARE PARENTS DOING?



PROPORTION OF CHILDREN MEETING SCREEN TIME GUIDELINES



SCREENS IN THE HOME

Higher screen time in children is associated with the following household factors:

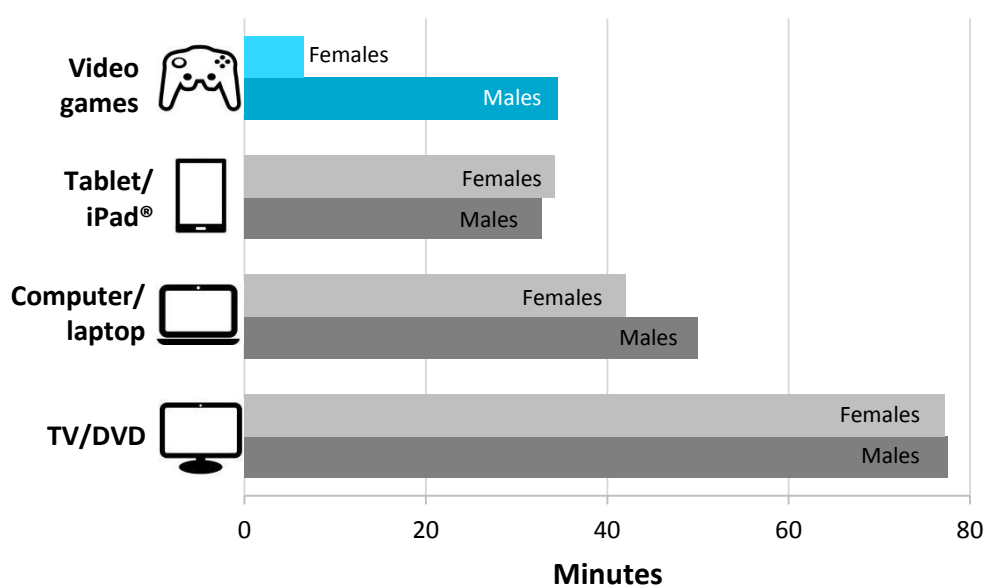
- Having a TV in the bedroom⁵
- Using screens during dinner⁵
- Parents watching TV with their children⁶



GENDER DIFFERENCES

When considering the proportion of children meeting screen time guidelines, some differences were found between females and males. For instance, the proportion of 13- to 17-year olds meeting these guidelines was significantly different for females (39.4%) and males (18.2%).

DAILY SCREEN TIME MINUTES



WHAT CAN YOU DO?

USE SCREENS L.E.S.S.

- L**imit snacking at screens
- E**nforce screen time rules
- S**tand more, sit less
- S**ocialize away from screens

ACTIONS SPEAK LOUDER THAN WORDS

Children, especially adolescents, are likely to question the verbal messages they receive if there is a difference between what their parents are saying and what their parents are doing.⁷ For example, parents' rules involving "no screens during dinner" may be most effective if consistently demonstrated by parents themselves.