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

- Having a TV in the bedroom
- Using screens during dinner
- Parents watching TV with their children

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.

**BACKGROUND**

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

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

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**HOW ARE PARENTS DOING?**

<table>
<thead>
<tr>
<th>Screen Activity</th>
<th>Percentage Meeting Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enforce rules about child's screen time</td>
<td>78%</td>
</tr>
<tr>
<td>Watch TV together as a family</td>
<td>80%</td>
</tr>
<tr>
<td>Encourage child to limit their screen time during leisure time</td>
<td>86%</td>
</tr>
</tbody>
</table>

**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**

- Video games
- Tablet/Ipad
- Computer/laptop
- TV/DVD

**WHAT CAN YOU DO?**

**USE SCREENS L.E.S.S.**

- Limit snacking at screens
- Enforce screen time rules
- Stand more, sit less
- Socialize away from screens

**CANADIAN SCREEN TIME GUIDELINES**

- 2-4 yrs
  - Less than 2 yrs
  - Screen time not recommended
  - Under 1 hour/day
- 5-17 yrs
  - No more than 2 hours/day

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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. For example, parents’ rules involving “no screens during dinner” may be most effective if consistently demonstrated by parents themselves.