Is she getting enough face time with you?

Young children learn best by interacting face-to-face with caring adults. Not with screens.

Make time for reading, singing, dancing, arts and crafts, and playing outside.

Limit screen time
• Under 2 years old: No screen time
• 2 to 5 years old: Less than 1 hour per day

Tune in to kids
• Turn off screens when no one is watching
• Turn off screens at least 1 hour before bed
• Watch with your children
• Choose content that is right for their age
• Set limits when children are young
• Be a good role model: Limit your own screen time, especially around your children

More info: www.caringforkids.cps.ca