

## How to help families manage screen time in a healthy way

### References and resources:

Kelty Mental Health Resource Centre (BC Children's Hospital): Healthy Screen Habits

<https://keltymentalhealth.ca/healthy-screen-habits>



Common Sense Media: Media use by kids ages zero to eight (2020)

<https://www.commonsensemedia.org/media-use-by-kids-ages-zero-to-eight-2020-infographic>

Media Smarts: Canada's Centre for Digital Media Literacy

<https://mediasmarts.ca/parents>

Healthy Children: How to make a family media use plan

<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>



Canadian Pediatric Society: Promoting healthy screen use in school-aged children and adolescents

<https://cps.ca/en/documents/position/digital-media>

### Books for adults:

- The tech solution: Creating healthy habits for kids growing up in a digital world, by Shimi Kang (Recommended by Kelty Mental Health Healthy Screen Habits)
- ☐ The art of screen time: How your family can balance digital media and real life, by Anya Kamenetz
- ☐ The big disconnect: Protecting childhood and family relationships in the digital age, by Catherine Steiner-Adair and Teresa H. Barker
- ☐ Calmer easier happier screen time, by Noel Janis-Norton
- ☐ Digital kids: How to balance screen time and why it matters, by Martin L. Kutscher