



Screen-free connections can easily happen every day.

## 7 EASY TIPS TO UNPLUG FOR PLAY, HEALTH, CONNECTION & LEARNING:

### 1 — Rearrange the furniture

Turn your living room into a place for family interaction and play by arranging the furniture so the TV is not the focus of the room.

### 2 — Start the day screen-free

Create a connected morning routine that doesn't involve screens.

### 3 — Enjoy screen-free meals

Make meals a time to gather together and talk about the day without TV, phones, screens and other distractions.

### 4 — Encourage sensory play

Provide easy play options, such as sensory play—which gives children the chance to explore using sight, touch, and other senses—to engage kids while you get things done around the house.

### 5 — Explore the outdoors

Make memories by planning outdoor activities that the whole family can enjoy together.

### 6 — Create activity kits

Make activity kits using supplies you already have to keep children busy during transitions (the time between one activity and the next) and other tricky times of the day.

### 7 — Lead by example

Take a break from your phone and other screens to give your child your uninterrupted attention. Children learn screen-time habits from their parents and caregivers. Research shows that mothers have higher quality communication with their children when doing non-screen activities together, like reading and playing with toys.

## DID YOU KNOW?

- Young children who watch more television show increased aggression, but kids who spend less time with screens spend more time with their families, fall asleep faster, sleep longer and have more time for creative play.
- Screen time has been linked to attention problems in children, but kids who spend less time with screens do better in school and have more time to interact with caring adults.
- Screen-free family meals encourage healthy eating, and children who spend less time with screens eat healthier.
- Young children learn through exploring with their whole bodies, including all of their senses.
- Spending time in nature is important for healthy child development. Research even finds that green outdoor settings seem to reduce ADHD symptoms in children.
- Toys such as puzzles, blocks, and shape games—great items for an activity kit—help children develop spatial skills, which are linked to success in STEM fields (science, technology, engineering, and mathematics).
- There's no evidence to support the popular view that children must start using screen technologies early on to succeed in a digital world.
- How children spend their free time is important—lifelong habits and behaviours are formed in childhood.
- Television, digital games, and the internet can be habit-forming.
- Content matters—even small amounts of exposure to fast-paced, violent, sexualized, or commercialized games and programs can be harmful.