

# CHECKLIST | SCREEN BETWEEN 0 AND 5 YEARS






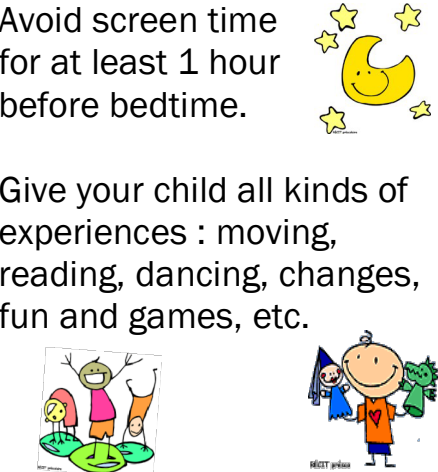
Supporting your child adequately

DIRECTION DU PROGRAMME JEUNESSE

SPEECH-LANGUAGE PATHOLOGY SERVICE

## RECOMMENDATIONS OF THE CANADIAN PAEDIATRIC SOCIETY



Age	Recommended time	With or Without an Adult
<p>0 to 2 years</p> 		<p>Limit screen time to maximum.</p> <p>Give your child all kinds of experiences : games, books, songs, playing outside...</p> 
<p>2 to 5 years</p> 	<p>Maximum of 1 hour per day</p>  <p>1:00</p>	<p>Monitor the choices (screen type, programs, etc.).</p> <p>Avoid screen time for at least 1 hour before bedtime.</p> 

Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke

Québec