

SD 60 Early Learning Tip August – Screen Time

School District 60 wants you to know...

You are your child's first and best teacher. You can help your child grow strong roots for learning both in and out of school.

Reducing screen time means ...



- **limit** the amount of time your child has on screens each day
- **do not** put screens in children's bedrooms
- **put** your screens away when speaking with your child
- **encourage** other activities while you travel, shop or have meals together ... singing, talking, reading, playing games, etc.

Why? Although screens are part of our world and have many positive aspects, humans need human contact to learn social skills and to feel love. To find out more information go to:

www.fsj.familyfriendlycommunity.org or www.earlylearning.prn.bc.ca