

Wondering how much screen time is too much for your child?

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SUMMARY

For children under two, the recommendation is zero hours of screen time, including background television. As children grow, guidelines suggest gradually increasing screen time, but many families struggle to adhere to these limits, with the average child in Canada spending over eight hours a day on screens by age five. A more realistic approach involves tracking screen time visually and making incremental improvements rather than adhering strictly to guidelines.

- Zero screen time is recommended for children under two years old.
- For ages 3 to 6, limit screen time to 30 minutes to 1 hour.
- By age 12, screen time can increase to 1-2 hours per day.
- Many families do not follow these guidelines, leading to excessive screen time.
- The average Canadian child spends over 8 hours a day on screens by age five.
- Tracking screen time visually can help families stay on the same page.
- A realistic approach focuses on gradual improvements rather than strict adherence to guidelines.

for kids under the age of two the rule is zero hours even background television is not meant to be on and running when you have kids under the age of two and then as we head sort of 3 to six it's you know half an hour maybe stretching it to an hour and then once we head over six we're at an hour and moving up towards 2 hours a day by age 12 the other thing that you might want to think

about is how you're going to track that and for everybody to be on the same page so your kids know and you know cuz sometimes are like what it's over no fair you can kind of lessen the intensity of all of that by tracking it very visually now with all of those guidelines spelled out the reality is nobody follows them I'm not sure that we have to follow them to the te when we hold ourselves to a standard that's too

far out of reach that seems not achievable then we're more likely to just throw in the towel and give her it might be better to just be a little more realistic the average child in Canada is spending more than 8 hours a day on screens once they hit the age of five so let's get real about that let's not feel shameful and all those kinds of things let's call it what it is and then let's

work to just improve upon that how can we sort of tweak some things so that we're feeling like we've got it a little bit more under control I think that's maybe a more realistic way to approach it