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Technology Use Guidelines for Children and Youth – Healthy Tips

Developmental Age	How Much?	Non-violent TV	Hand held devices	Non-violent video games	Violent video games	Online violent video games and/or pornography
0-2 years	none	never	never	never	never	never
3-5 years	1 hour/day	✓	never	never	never	never
6-12 years	2 hours/day	✓	never	never	never	never
13-18 years	2 hours/day	✓	✓	limit to 30 minutes/day		never

Strategies for Reducing the Use of Technology

Try one of the following strategies to better manage balance between technology use and healthy activity, for your whole family!

- 1) Disconnect to reconnect by creating sacred times without technology:
 - ✓ an hour a day (dinner), day a week (Saturday), and week a year (family holiday)
 - ✓ while driving in the car, and hour before bed, and when eating at restaurants
- 2) Balance 'energy in' (technology) with 'energy out' (movement, touch, connection, nature). An hour 'in' = 'out'.

Start Healthy Activities for Your Whole Family!

Ride bikes, go for a walk in the woods, chop and pack wood, go fishing, go swimming, visit family and friends, build a fort out of couch cushions or under the table, prepare and eat dinner as a family, paint, color, make crafts, dance, play wrestle, listen to music, play cards or a board game, invent your own game, make up silly stories or rhymes, garden, play tag or hide and seek, read books, play a sport, make cookies, do chores...but do it as a family...TOGETHER!

Created by Cris Rowan, CEO Zone'in Programs Inc. and author of *Virtual Child* in conjunction with Dr. Andrew Doan, neuroscientist and author of *Hooked on Games* and Dr. Hilarie Cash, Director of reSTART Internet Addiction Recovery Program and author of *Video Games and Your Kids*, with contributions from the American Academy of Pediatrics and the Canadian Pediatric Society. © Zone'in Programs Inc. 2014