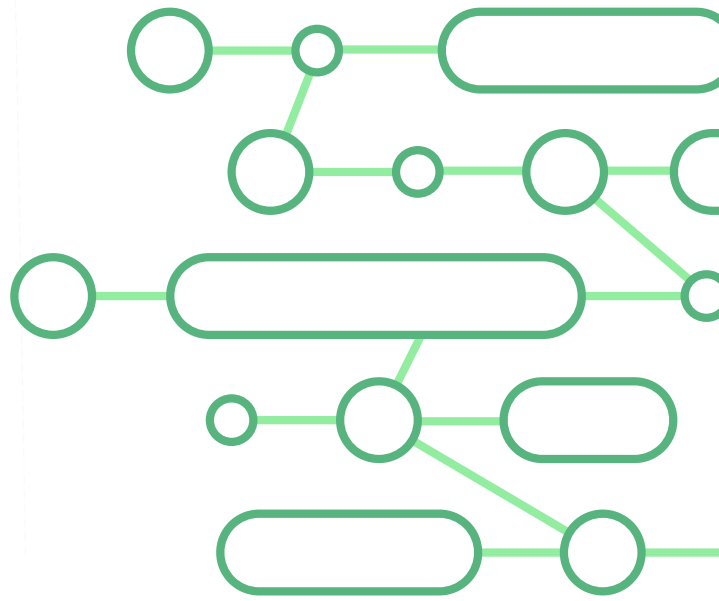


# SCREEN GUIDE



## DESCRIPTION:

In this **one-hour virtual seminar**, we will discuss age limits, and help parents define for themselves and their families their limits.

In today's digital world **many parents are conflicted on when and how often** to let children use their "screens".

We will also recommend some of the **apps/web sites** that have been approved. Setting limits often brings many challenges and we will delve into how to tell our children why **guidelines are necessary**.

## OBJECTIVES:

- Different Types of Devices
- Why is **too much screen time** bad?
- AAP Guidelines
- Tips Around **Guidelines**
- How to Enforce **Screen Time Rules**
- When is it **OK** to bend the rules?
- **Balance Media Use** with Healthy Behaviours



## REGISTER NOW:

November 15, 2023

1:00 - 2:00 p.m

[https://screen\\_guide.eventbrite.ca](https://screen_guide.eventbrite.ca)

