



Disconnect from the Digital World

Take a Tech Break!

Goal: This week, discuss three agreed-upon times with your family to disconnect from all devices and get out & about.

Why is this important? Screen time can affect a person's sleep habits and time involved in physical exercise.

References: Canadian Pediatric Society (2017). Screen time and young children: Promoting health and development in a digital world. *Paediatrics and Child Health* (2017). 461-468. Doi: 10.1093/pch/pxx123

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Valtonen, J., Kyhälä, A.-L., & Reunamo, J. (2021). Recreational screen time, sedentary behavior, and moderate to vigorous physical activity in 11-year-old children. *Journal of Physical Education & Sport*, 21(3), 1553–1560.