## How to Implement These Recommendations<sup>2</sup>:

Educators, school administrators, policy makers, parents/guardians, caregivers, physicians and healthcare providers can implement these recommendations using the Four M's approach:

- Manage sedentary behaviour.
  - See recommendations above.
- Encourage **Meaningful** screen use.
  - Prioritize face-to-face interactions over screen use.
  - Use screens when they are the best pedagogical tool for the job and likely to enhance learning.
  - o Prioritize screens for mental and physical engagement, rather than for passive viewing.
  - o Turn screens off when not in use, including background TV or videos while doing school or homework.
  - Avoid screen use during meal and snack times.
  - o Avoid using screens as the default method for content delivery or classroom management.
  - Encourage students to review and self-regulate their screen use, and plan time for outdoor play and physical activity.
- Educators, healthcare providers, parents and caregivers should **Model** healthy and meaningful screen use.
- **Monitor** for signs of problematic screen use and follow-up with a physician or healthcare provider if concerns arise. Signs of problematic screen use can include:
  - o Complaints about being bored or unhappy without access to technology.
  - o Difficulty accepting screen time limits.
  - Screen use that interferes with school, family activities, sleep, physical activity, offline play, or face-toface interactions.
  - Negative emotions following time spent playing video games, texting or using social media.

<sup>&</sup>lt;sup>2</sup>. Adapted with permission from the Canadian Paediatric Society (Canadian Paediatric Society, 2019).