

How to Implement These Recommendations²:

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.
 - Prioritize screens for mental and physical engagement, rather than for passive viewing.
 - 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.
 - 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:
 - Complaints about being bored or unhappy without access to technology.
 - Difficulty accepting screen time limits.
 - Screen use that interferes with school, family activities, sleep, physical activity, offline play, or face-to-face interactions.
 - Negative emotions following time spent playing video games, texting or using social media.

². Adapted with permission from the Canadian Paediatric Society (Canadian Paediatric Society, 2019).