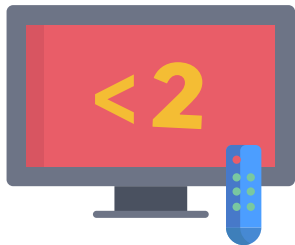




**hours (or less)
of screen time**



Encourage the whole family to decrease screen time to 2 hours or less each day at home.

Keep TVs, computers, phones and iPads out of bedrooms.



Turn off all electronics, including TV & texting, during mealtime.

5210
Let's Go!



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