



## HELLO PARENTS,

Screen time for children has increased now because many activities children have moved to screens. Reducing screen time allows families to spend time together, interacting together, and talking to each other face-to-face. It can also give children more time to go outside and get some exercise or read a book. Recently, studies have shown that cutting down on screen time has a positive effect on children's well-being, and can improve their academic performance.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### PLAY WITH TEXTURE

##### MATERIALS:

- Rough surfaces like sand paper
- Smooth surfaces like a hard book
- Soft surfaces like a blanket

##### DIRECTIONS:

- Put the materials in a basket.
- Let your child explore the materials.
- Make comments, label the textures, etc.

[Click here](#) for more activities for your baby.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### MY PLAY AREA

##### MATERIALS:

- Favourite toys
- Baskets or boxes
- Blocks

##### DIRECTIONS:

- Designate a small area (you can use pillows to separate the area from the rest of the room) for your child where they can freely and safely play on their own.
- Rotate toys and materials to maintain their interest.

[Click here](#) for ideas for play area.

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### CARTOON CHARACTERS' ADVENTURES

##### MATERIALS:

- Little people
- Plastic animals
- Small cars

##### DIRECTIONS:

- Instead of watching cartoons, have your child make their own.
- Choose your child's favourite cartoon characters and let them come up with new adventures using the props.
- Ask your child to tell you the story they came up with.

[This link](#) has more activities you can use with your child.

**WE WOULD LIKE TO HEAR FROM YOU!**  
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR  
SUGGESTIONS TO [CHILDCAREMAIN@NCCE1.ORG](mailto:CHILDCAREMAIN@NCCE1.ORG)

### JK/SK (4 – 6 YEARS)

#### WHO IS MISSING?

##### MATERIALS:

- Various objects (toy collections, household items, photos, plastic letters, word cards, etc.)
- A cloth
- A tray

##### DIRECTIONS:

- Instead of playing games on computer, have your child make their own games.
- Get a tray with everyday objects on it.
- Count to ten and let your child memorize the objects.
- Cover the tray with a cloth and remove one object from under it.
- Show them the tray again and have them tell you which object has been removed.
- Take turns being the demonstrator and identifier.
- For older children, use more items and have them write a list or draw as many objects as they can remember.

[Click here](#) for more memory games.

[This link](#) has more fun games using typical household items.

### SCHOOL-AGERS (6 – 12 YEARS)

#### CREATE A DAILY VISUAL SCHEDULE

##### MATERIALS:

- Construction paper or regular paper
- Markers or pencils

##### DIRECTIONS:

- Discuss with your child what their daily structure would be.
- Create a daily schedule including wake up, meals and snacks, bedtime, etc.
- Make sure your daily schedule includes not only school work (if school is still in session) but also hobbies and other creative activities such as drawing, cooking, building, sports, etc.
- Schedule time to connect with relatives or friends via technology to continue building relationships.
- For younger children, add pictures beside each routine.
- Place the schedule where you can easily see it.
- Creating a daily routine for children can promote their sense of stability and independence.

[Click here](#) for some suggestions on creating a daily routine for your family.

You can find design ideas for different charts in [this link](#).

#### A TIP FOR TODAY

- Set time limits — and stick to them.
- Get screens out of your child's room.
- Know what your child is viewing.
- Incorporate limited screen use into your family's daily schedule.
- Choose non-commercial, non-violent media.
- Use screen to chat with family members and friends.