MINDS MATTER
NEWSLETTER

HEALTHY SCREEN TIME HABITS

As the days get shorter and darker, kids and teens tend to spend more time on screens. While devices can help with learning and staying connected, too much screen time, especially before bed can affect mood and sleep quality.

Encourage your child to take regular breaks from screens and balance device use with offline activities like reading, outdoor play, or hobbies. Setting a "screen curfew" an hour before bedtime can help improve sleep and overall well-being.

Remember, children learn by watching adults—model healthy screen habits yourself by putting devices away during family time and before bed.
By helping your family find a healthy balance, you're supporting better focus, mood, and rest during the busy school year.

LEARNING LINKS

- Keeping Tech in Check
- Parenting, Media and Everything in Between
- Helping our Kids Navigate our Digital World - Parenting Guide

UPCOMING EVENTS

Strong From Within: Fostering Confidence and Self-Esteem in Children and Teens
December 3, 2025 @ 6:30-8:00PM

Navigating Technology With Our Youth
December 4, 2025 @ 12:00-1:30PM

4M'S OF SCREENTIME

- **Model –** Lead by example. Show balanced screen habits by putting devices away during meals, conversations, and before bed.
- **Manage –** Set clear daily limits and plan regular device-free times for homework, family time, and sleep.
- **Monitor –** Stay aware of what your child is watching, playing, and sharing. Talk often about safe, respectful online behaviour.
- **Make it Meaningful –** Choose screen activities that are creative, educational, or connect them with others, instead of just passive scrolling or endless gaming.