Parents, Start the *Conversation*

Why so much *screen time?*

Here are 3 signs your child might be turning to screens to cope.

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1 Trouble *sleeping*

Late-night scrolling or gaming can make it harder for kids and teens to get enough rest.

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2 Mood swings or *meltdowns*

Too much screen time can lead to irritability, stress, or big emotions when asked to unplug.

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3 *Hiding* what they're doing

Quickly switching apps or closing screens when you walk in can be a sign they're overdoing it.

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Spot the signs. Start the *talk.*

Access our tools to help your child unplug and cope with stress in healthier ways.

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Limit *Screen Time*
Vaping isn't Safe

Learn more at:
parentstalkvapesandscreens.ca