

Less screen, more talk: realistic ideas for the moments when a screen helps you get through

Note the moments when you reach for a screen, choose one idea to try instead and see how it goes. You don't need zero screens: small changes count.

The hard moment	What we try instead	How it went
Supper (example: I'm cooking)		

Ideas for the hard moments

1. A basket of toys kept for that moment only
2. Containers and wooden spoons, in the high chair near you
3. A board book or lift-the-flap book you talk about
4. Music or audio stories
5. A small "big kid" job: washing vegetables, setting out napkins

When there is a screen

- Turn the TV off when no one is watching
- Watch the first minutes together, name things and ask a question
- Choose slower shows
- Video call with family: stay nearby to help the exchange

Guidance: no screens before 2, except video calls with loved ones; from 2 to 5, about an hour a day or less (Canadian Paediatric Society, 2025). **If your child talks little, get an assessment whatever the screens.**

Sources: Canadian Paediatric Society (2025); INSPQ Mieux vivre (2026); Christakis et al. (2009). General information: this sheet does not replace an assessment.