

# The Role of the Family on the Sedentary Behaviours of Children and Youth

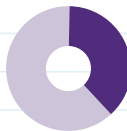


According to the **Canadian 24-Hour Movement Guidelines**, children and youth (5–17 years) should limit their **recreational screen time to 2 hours per day** and efforts should be made to **interrupt extended periods of sitting**.<sup>1</sup>

**D+**



**The 2020 ParticipACTION Report Card on Physical Activity for Children and Youth<sup>2</sup> gives a grade of D+ for sedentary behaviour.**



Only **38% of 5- to 17-year-olds** are meeting the recommended screen time guidelines.<sup>3</sup>



**5- to 11-year-olds** spend 1.9 hours per day in screen-based sedentary behaviours.<sup>3</sup>



**12- to 17-year-olds** spend 3.8 hours per day in screen-based sedentary behaviours.<sup>3</sup>

**The 2020 Report Card and resources are available online at [participACTION.com/childrenandyouth](https://participaction.com/childrenandyouth).**



## BE THE Active Role Model!

**The family unit is one of the closest and most important sources of influence for kids' movement behaviours.**



## Tips for Healthy Sedentary Behaviours

- ✓ **Be an active role model and co-participate in kids' activities**
- ✓ **Prioritize active transportation** (e.g., walking, wheeling, cycling)
- ✓ **Encourage more outdoor time**
- ✓ **Create a family media plan that:**
  - Sets limits around screen viewing
  - Prioritizes screen-free family time
  - Uses "device baskets" (bins for personal mobile devices) to help prioritize device-free time
  - Removes screens from all bedrooms
  - Encourages screen-free family meals



**Reclaim family time as active time by participating in the Active Family Pledge!**

**VISIT [participACTION.com/familybetter](https://participaction.com/familybetter) for all the details!**



**PARTICIPACTION**

Everything gets better when you get active.

DISCLAIMER: While it is important to step, sweat, sleep, and sit the right amounts each day, all Canadians should follow their respective public health authority recommendations. Changes in circumstances after the time of publication may impact the accuracy of the information.

#### REFERENCES

1. The 24-Hour Movement Guidelines for Children & Youth. (2016). Canadian Society of Exercise Physiology. <https://csepguidelines.ca/children-and-youth-5-17/>
2. The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth. (2020). ParticipACTION Report Card on Physical Activity for Children and Youth. <https://www.participaction.com/en-ca/resources/children-and-youth-report-card>
3. Children and Youth Physical Activity. (2018). Canadian Health Measures Survey 2016-2017 [custom analysis]. Statistics Canada. <https://www150.statcan.gc.ca/n1/daily-quotidien/190417/dq190417g-eng.htm>