

For Families:

Sleep and [The ParticipACTION Report Card](#) on Physical Activity for Children and Youth: The report card assesses children's physical activity in Canada. Each year, information from many sources is gathered and grades are given for 12 different topic areas. This year one of the topics that was assessed was sleep and they found kids are not getting enough. It is recommended that school-age children get 9-11 hours of sleep per night. One way to do this is by spending less time watching screens, and more time being physically active. Encourage your children to participate in heart-pumping activities each day, especially outside, as sunlight helps regulate sleep patterns. Remove screens and media devices from their bedrooms as these can affect their quantity and quality of sleep. Kids who are tired out from running around sleep better and those who have slept well have more energy to run around!

Additional Resources:

- [Physical Activity for Youth](#)
- [Break Free from Screens](#)
- [Healthy Kids Healthy Homes](#)

Pause to Play: Are you looking for a way to get your family to spend less time in front of a screen? You can try Pause to Play! Challenge your family members to turn off their screens (TV, video games, computer, iPod, cell phone, tablet). That time can be spent engaging in physical activity, socializing with family and friends and discovering new healthy foods. For more information, visit our [website](#)