

# Screen Time is Taking Away Play Time

Canadian kids are spending far too much time in front of screens today.

In ParticipACTION's latest extension of the [Make Room for Play](#) campaign, we shine a spotlight on how screen time is taking away play time, and ask parents to consider their own family's screen time habits. We know that the constant lure of screens is a very real barrier to getting kids the physical activity they need to be happy and healthy. In addition, too much screen time can:

- Make it hard for a child to sleep at night
- Raise kid's risk of attention problems, anxiety, and depression
- Raise a child's risk of gaining too much weight
- Leave less time for active, creative play

Not sure how much time your child spends in front of screens?

Track it for a week with the [ParticipACTION Screen Time Log](#) and find out. If you're looking for some ideas on how to replace screen time with active time, check out our [tips for all ages](#).

Plus, check out [the latest research and statistics](#) on Canadian kids' physical activity and sedentary behaviours.