

# Use Screens Less So You Can **Connect with Your Child**

Face-to-face  
interactions  
help to  
develop  
speech,  
language, and  
literacy skills.



**Watch our Screen Time webinar for tips  
on how to help your child's communication grow.**

[www.firstwords.ca/webinars](http://www.firstwords.ca/webinars)  
Ottawa Public Health | 613-PARENTS



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