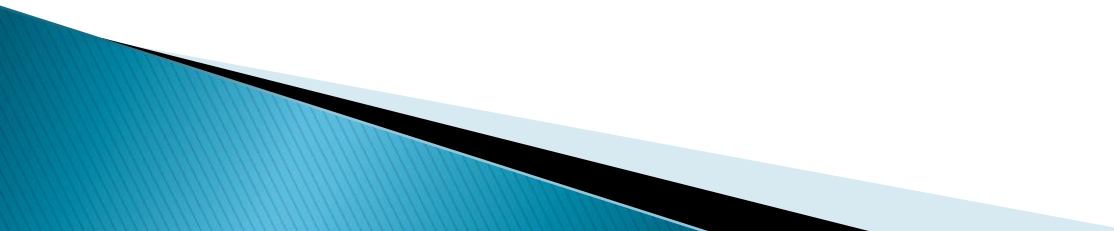




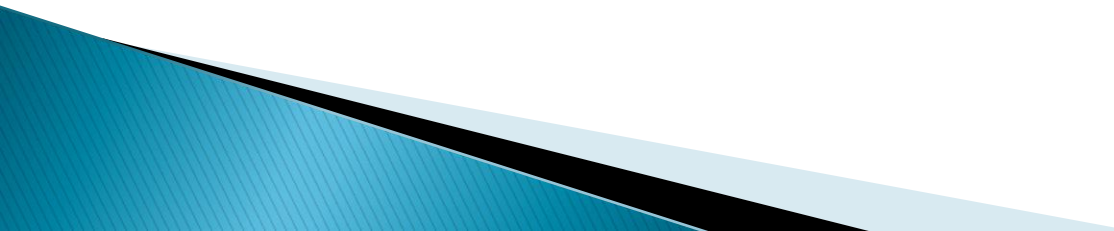
# Tips for Limiting TV

## You Can Do It and Still Have Fun!

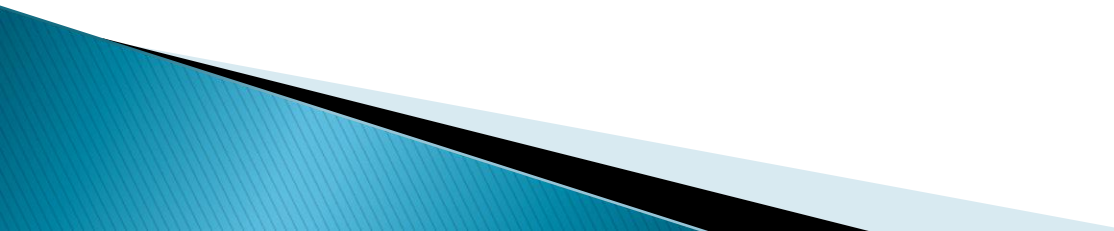
# Chilling Facts About TV

- ▶ Academic achievement drops when children watch more than 10 hours a week
  - ▶ Television conditions a child to dual stimuli – sound and images
  - ▶ Impedes the growth of longer attention spans
  - ▶ Decreases the time for developing speaking skills
  - ▶ Some television programs cultivate aggressive or violent behaviors
- 

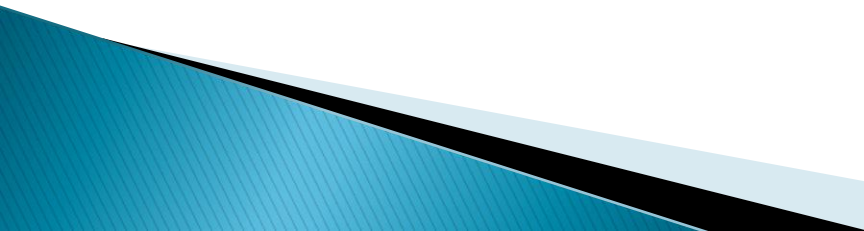
# Practical Ways to Limit TV Time

- ▶ Limit the number of TV-watching hours
  - ▶ Keep TVs out of kids' bedrooms
  - ▶ Limit your own TV viewing
  - ▶ Turn off the TV during meals
  - ▶ Don't allow your child to watch TV while doing homework
  - ▶ Treat TV as a privilege, not a right
  - ▶ Try a weekday ban or week ban on TV
  - ▶ Come up with a family TV schedule
- 

# Limit TV

- ▶ Watch TV with your child
  - ▶ Talk to kids about what they see on TV and share your own values and beliefs
  - ▶ Talk to other parents
  - ▶ Develop a plan for limiting TV viewing
  - ▶ Don't use TV as background noise
  - ▶ Allow your child to choose specific programs
  - ▶ Avoid using TV for winding down
  - ▶ Provide a TV viewing chart and teach kids to plan out the shows they would like to watch
- 

# Limit TV

- ▶ Don't use TV as a babysitter
  - ▶ Monitor the quality of the programs
  - ▶ Insist on Physical Activity for your child
  - ▶ Don't make television the center of your family life
  - ▶ Set a good example: What do you do with your spare time?
  - ▶ Keep track of your progress
  - ▶ Beware of interactive video/computer games
  - ▶ Practice Internet safety
- 

# Offer FUN Alternatives to TV

- Play Board Games
- Play Hide and Seek
- Play Outside
- Reading
- Talking
- Teach Children How to Do Chores
- Arts & Crafts
- Develop a Hobby
- Build something
- Create something
- Write a story or book
- Study
- Draw or paint
- Puzzles
- Listen to Music

# CAUTION!

## Parental Guidance Advised

