

THINGS TO KNOW ABOUT Children & TV

Here are some ways to keep your child's TV viewing in balance:

- **Set limits on the amount of TV your child watches.** Limit children's TV viewing to an hour per day. Help children find things to do instead of watching TV; hobbies, reading, sports or family activities.
- **Plan TV viewing in advance.** Review TV listings and choose programs in advance that would be educational and age appropriate.
- **Know what your child watches.** View TV programs together. Help your child understand what he/she is watching.
- **Do not permit TV watching during dinner.** If the TV set is on at dinnertime, it will get in the way of talking to each other.
- **Do not allow your child to have a TV set in his room.** When children watch TV in their own bedroom, it is harder for parents to guide their program choices. Children will also probably spend less time with the family and more time in their room.
- **Keep books, magazines and board games in the TV room.** Visit the library and help children select books to read instead of watching TV.
- **Set an example of behavior you wish to instill.** If you want your child to read more, that is what you should do. If you would like him to go outdoors for physical activity, make it a part of an enjoyable family exercise program.

Children can be creative when TV is not taking up all their time and attention.

Contents from American Academy of Pediatrics <http://www.aap.org>



Jefferson County Public Health
Community Health Services
645 Parfet Street
Lakewood, CO 80215
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