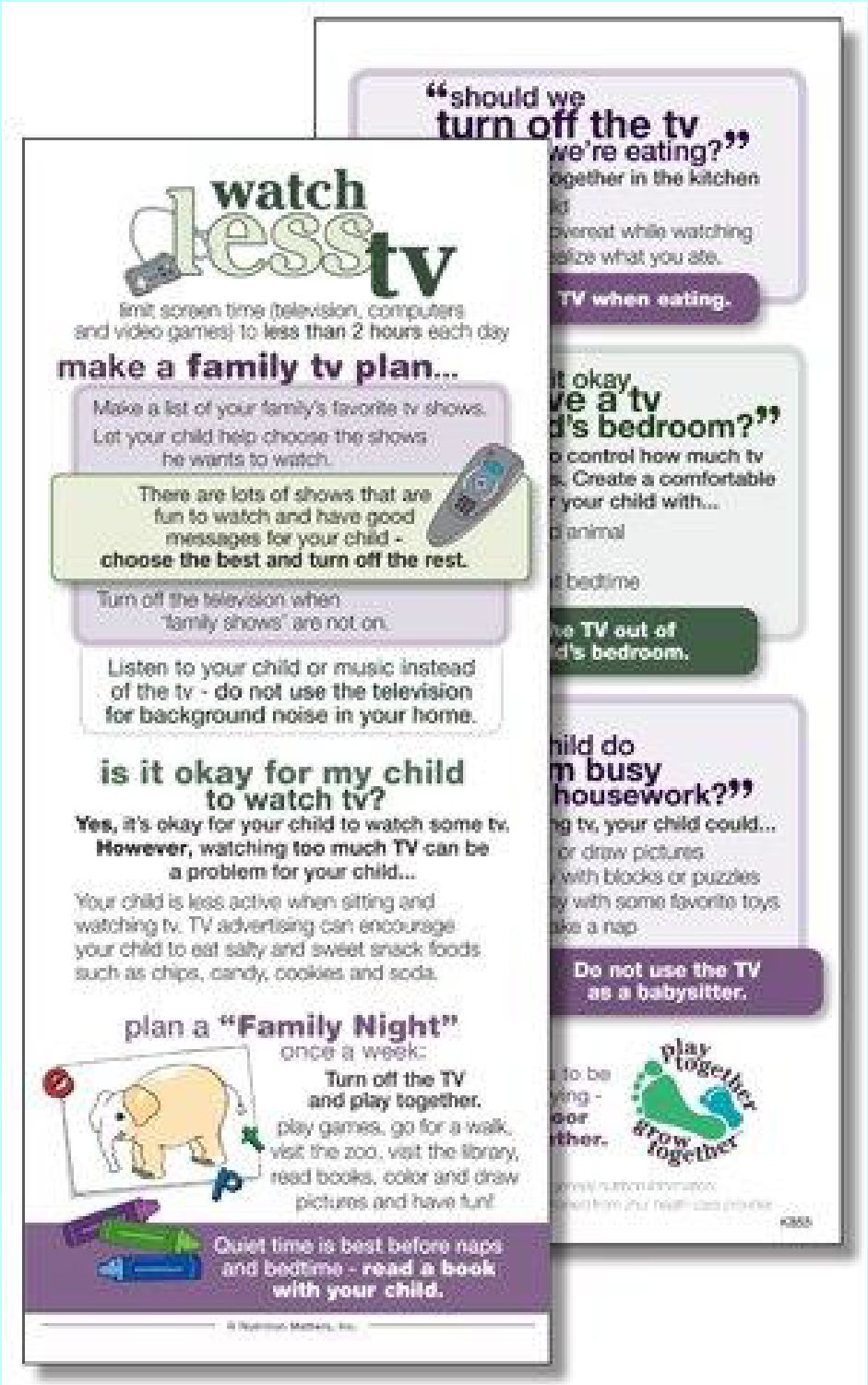
watch less tv
limit screen time (television, computers and video games) to less than 2 hours each day
make a family tv plan...
Make a list of your family's favorite tv shows.
Let your child help choose the shows he wants to watch.
There are lots of shows that are fun to watch and have good messages for your child - choose the best and turn off the rest.
Turn off the television when 'family shows' are not on.
Listen to your child or music instead of the tv - do not use the television for background noise in your home.
is it okay for my child to watch tv?
Yes, it's okay for your child to watch some tv. However, watching too much TV can be a problem for your child...
Your child is less active when sitting and watching tv. TV advertising can encourage your child to eat salty and sweet snack foods such as chips, candy, cookies and soda.
plan a "Family Night" once a week:
Turn off the TV and play together.
play games, go for a walk, visit the zoo, visit the library, read books, color and draw pictures and have fun!
Quiet time is best before naps and bedtime - read a book with your child.
"should we turn off the tv we're eating?"
TV when eating.
TV out of
Do not use the TV as a babysitter.
play together grow together