



A healthy and happy childhood can include some television watching.

Your job is to teach your child how to use television in a positive way.



## Here are some ideas to keep the television from taking over: \_\_\_\_\_

- ▶ Watch television with your child so that you know what he is watching.
- ▶ Help him choose programs that are right for his age.
- ▶ Talk about the reasons why he is not allowed to watch some shows.
- ▶ Talk about some of the lessons from the shows, such as sharing, giving, or the alphabet.
- ▶ Be a good role model! Cut down on your own television watching.
- ▶ Have a reading time for the whole family every day, when you would normally be watching television. This is a chance for everyone to read a book and relax.
- ▶ **Limit television** to 1 hour a day for pre-schoolers and 2 hours a day for school-aged children.
- ▶ Turn off the television during mealtimes.
- ▶ Make sure his chores are finished before watching television.
- ▶ Look for children's shows in your child's second language.
- ▶ Ask other caregivers, including grandparents, to follow these guidelines.

