



CHILD CARE RESOURCES

Tips to Help Keep your Child's TV and Media Viewing in Balance

- **Limit children's total media (screen time) time to no more than 1-2 hours of quality programming per day.** Be firm. Help your child find things to do instead of watching TV, such as sports, reading, hobbies, or family activities. www.afterschoollearning.org
- **Discourage television viewing for children younger than 2 years.** Encourage more interactive activities that will promote proper brain development, such as talking, playing, singing and reading together. www.zerotothree.org
- **Watch TV with your child.** Young children may have a difficult time discerning from what they see and what is real. Help your child understand what s/he is watching.
- **Remove television sets from children's bedrooms.** When a child watches TV in their own bedroom, it is harder for parents to direct the program choices. Also your child may get less sleep, causing her/him to be tired at school.
- **Turn off the television during meal times.** Meal time is a great time of day for families to spend meaningful time together. Use the time to connect and talk with each other.
- **Set an example with your own behavior.** Keep books, magazines and board games easily accessible. Visit the library often with your child; help her or him select books instead of watching TV. Make going outdoors for physical activity part of an enjoyable family exercise program.
- **Use videos and recordings to guide the quality of programming viewed and avoid commercials.** Choose programming and news items to initiate discussions regarding your family's values about violence, sex, substance abuse and self image. www.parenttrust.org
- **Make your voice heard.** Encourage activities promoting media education, write networks and local stations about programming you like (and what you don't). Get involved with local Turn-Off TV week festivities. www.tvturnoff.org

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