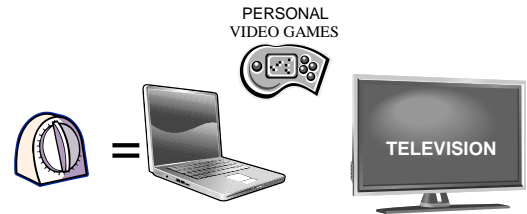


“12 TIPS TO TAME THE TUBE”

“Television and video games occupy more of children’s time than any other activity except sleeping.”

“Electronic screens are today’s storytellers. Whoever tells the stories defines the culture.” - Dr.David Walsh

1. Limit screen time. (computers, television, video games)
2. Monitor content. Know what your kids are watching.
3. Avoid using electronic screens as babysitters.
4. Set family rules about what and when your children can watch TV, use the computer, or play video games.
5. Use the DVD/VCR player to your advantage
6. Turn TV and video games off during meal time.
7. Keep electronic screens out of kids’ bedrooms.
8. Plan family time.
9. Talk to your child about what he or she is watching or playing.
10. Keep electronic screens in the family areas of your home.
11. Practice “appointment” television. Decide in advance what’s good to watch.
12. Talk with other parents about becoming MediaWise – building health families through the wise use of media



DID YOU KNOW?

- Children as young as 14 months of age can imitate what they see on television.
- The more children watch TV, the lower their reading scores.
- For every hour/day children, ages 1 – 3, watch TV, the risk of attention problems at age seven increases by 10%.
- Research shows that watching moderate amounts of educational television can help build vocabulary as well as number and letter skills.
- For children where English is a second language, watching television can help them learn English.

TV AND VIDEO

UNDER EACH CATEGORY BELOW, *CIRCLE THE ANSWER* THAT DESCRIBE YOUR PRESCHOOL CHILD'S TELEVISION VIEWING. LOOK AT THE SCORING SECTION (SEE BELOW) TO FIND OUT WHAT YOUR SCORE MEANS.



Answer the following questions:



Does your child have a television in his/her bedroom?	No	Sometimes	Yes
Does your child (ages 3-5) have more than 1 – 2 hours of electronic screen time per day?	No	Sometimes	Yes
When your child watches TV, is the program an educational program made for preschool children? (Example: Mr. Rogers, etc.)	Yes	Sometimes	No
Do you have the TV on during meals?	No	Sometimes	Yes
Do you talk to your child about what he/she is watching on TV?	Yes	Sometimes	No
Is your television on more than 2 hours a day?	No	Sometimes	Yes
If your child is two or younger do they watch TV?	No	Sometimes	Yes

Scoring Section



GO! Your preschool child is practicing positive television and reading-readiness habits.



CAUTION! Take some time to review your preschool child's television and reading-readiness habits in these areas.



STOP! Think about changing your preschool child's television and reading-readiness habits in these areas.

TOT SMART TIPS

As your child starts school – kindergarten, first and second grade – it's important to keep up these good television and reading readiness habits. Your child needs reading practice time to become a good reader.

- ✚ Restrict the amount of television your child watches.
- ✚ Be careful of the content. Preschoolers should watch mostly education TV programming.
- ✚ Make sure an adult is reading to your child.
- ✚ Have books in your home.
- ✚ Visit the library with your child.
- ✚ Start your child on the road to reading by helping him/her learn letter names and sounds.
- ✚ Total screen time (TV, computer, video games) should be no more than 1-2 hours a day, for children older than 2.
- ✚ Pediatricians recommend no screen time for children under 2.
- ✚ Talk with your child, have conversations.

Resource: National Institute on MEDIA and the FAMILY. www.mediawise.org