

Don't Let Your Family Go Down the Tube - Use Television Wisely

- Set limits on what children can watch. Homework and meals with the family take priority.
- Watch TV with your children and talk about what each of you liked and didn't like.
- Set an example. Carefully choose your own programs and the amount of time you watch television.
- Make one room a TV-Free Zone - a comfortable place to read, talk, and listen, with no television set.
- Don't use TV as a babysitter.
- Encourage your children to spend their free time in activities such as sports, hobbies, playing with friends, or reading rather than sitting in front of the tube.
- Limit video games to a half-hour a day. Use a kitchen timer.
- Look for TV Programs that encourage kids to do something positive - build a playhouse, start a hobby, help out at home, volunteer to help someone. Look for TV programs that relate to a book, something your child is studying, or an experience from your own childhood or that of a relative.
- Don't use TV as a reward or punishment.
- If you find a TV ad or program offensive, write or call the sponsor and the station.