

Promote Healthy Viewing Habits

DID YOU KNOW?

That according to the Kaiser Family Foundation (KFF):

- two-thirds of infants and toddlers watch a screen an average of two hours a day.
- kids under age six watch an average of about two hours of screen media a day, primarily TV and videos or DVDs.

HOW MUCH IS TOO MUCH?



The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not watch ANY TV and that those older than 2 watch no more than 1-2 hours a day of quality programming.

WHY DO YOU ASK?

The first 2 years of life are considered a critical time for brain development. TV and other electronic media can get in the way of exploring, playing, and interacting with parents and others, which encourages learning and healthy physical and social development.

Here are some tips you can use to help your child develop positive TV and computer habits.

- Keep TVs, DVD players, video games, and computers out of your child's bedroom.
- Turn off the TV during meal time.
- Treat TV as a privilege to be earned — not a right. Establish and enforce family TV viewing rules, such as TV is allowed only after chores and homework are completed.
- Make a list of fun activities to do instead of being in front of the screen.
- Keep books, magazines, and board games easily available.

Adapted from KidsHealth.org