

Help YOUR child succeed. TURN OFF The TV.



Did you know that kids who watch TV a lot have more problems throughout life? Too much TV can lead to:

- Violent behavior
- Trouble in school with language and reading
- Trouble sleeping
- Less imagination
- Trouble focusing & planning
- Weight gain
- Eating too much junk food
- Bad habits later in life (like smoking and drinking alcohol)

Pediatricians say:

- No TV for children younger than 2
- No TVs in bedrooms
- Only 1 -2 hours of screen time per day
- Watch what your kids watch

Kids who spend less time in front of the TV:

- Do better in school
- Read more
- Sleep better
- Eat healthier foods
- Are less likely to be overweight
- Are less likely to be violent, to smoke, or to have sex early

Tips to reduce TV time at home

- Move the TV out of the main living area
- Turn off the TV during meal times
- Don't use TV as a reward or punishment
- Don't use TV as a babysitter