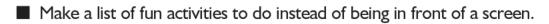
Promote Healthy Viewing Habits

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

- Keep televisions, DVD players, video games, and computers out of your child's bedroom.
- Set family guidelines for age-appropriate shows.
- Set limits on the amount of time your child spends in front of a screen. Less than two hours a day is recommended.
- Help your child plan television-viewing and computer-playing in advance.



■ Keep books, magazines, and board games easily available.

Limit TV and computer use (not related to school) to 2 hours or less a day.

Try some of these screen-time alternatives:

- Play outside.
- Learn to play the guitar or other musical instrument.
- Go to a local school sporting event.
- · Write a letter.
- Plant a flower or vegetable garden. Start seedlings indoors.
- Play hopscotch.
- Read a book.

