

# Tame the Tube

1. **Avoid using TV as a babysitter.** When cooking meals, have your children help out in the kitchen. Let them sort laundry into color piles while you fold.
2. **Know what your kids are watching.** Younger children are more affected by what they see on TV. Children cannot always make the distinction between reality and make-believe on the TV, some programs may scare them which can interrupt sleep.
3. **Keep TV out of kids' bedrooms.** The presence of TV in a bedroom changes the bedroom from a place of sleep to a place of entertainment. When TV entertainment is provided in the bedroom, kids are not encouraged to come out and participate in family activities. Also, it is difficult to monitor what your children are watching when the TV is in another room.
4. **Practice "Appointment" TV.** Decide in advance what's good and watch it as a family. Look through the TV guide to plan out your TV viewing to avoid watching television out of boredom. Use the VCR or TIVO to your advantage. If a show is on during meal time, record it and watch it later.
5. **Turn TV off during meals.** Use meal time to catch up with one another. Share stories and activities from each family member's day. Focus on each other. Meal time is one of the few times of day that a family can be together, make it a special time to bond with your children.
6. **Put the family on a TV diet.** Schedule some fun activities to do instead of TV. Make cutting down on television a thing the whole family does. When you do watch TV, watch it together.