

Television

Teaching Good TV Habits

“On average, people watch about 4-5 hours of TV a day, with young children tending to watch more. This results in a high level of mental programming, degeneration of the brain, and wasted time that could have otherwise been devoted to more constructive and beneficial activities”

“Here are some practical ways to make TV, video, and DVD viewing more productive:

(a) Limit the number of TV-watching hours:

- Stock the room in which you have your TV with plenty of other non-screen entertainment (books, children’s magazines, toys, puzzles, board games, etc) to encourage them to do something other than watch TV/videos/DVDs;
- Keep TVs out of bedrooms;
- Turn the TV off during meals;
- Don’t allow children to watch TV while doing homework;
- 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.

(b) Talk to the children about what they see on TV/video/DVD, and share your own beliefs and values. If something you don’t approve of is on the screen, you can turn off the TV and use the opportunity to ask thought-provoking questions such as:

- Do you think it was OK when those men got in that fight?
- What else could they have done?
- What would you have done?”

Sources:

<http://www.eruptingmind.com/effects-of-tv-on-brain>

http://kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&ps=107&cat_id=168&article_set=21720