



PARENTING EDUCATION

Turn Off the TV!



The television is a great invention that can be used for many reasons. The television can be used to stimulate learning in children of all ages. Parents and teachers can use the TV to discuss values and ideas that are important to the family. According to the American Academy of Pediatrics (AAP), kids in the United States watch about four hours of TV a day—even though the AAP guidelines say children older than two should watch no more than one to two hours a day of quality programming. The average American child spends almost as much time watching TV (900 hours) than the hours spent at school a year (1,023)!

Did You Know?

- Research has shown that children who consistently spend more than four hours per day watching TV are more likely to be overweight.
- Kids who view violent events, such as kidnapping or murder, are also more likely to believe that the world is scary and that something bad will happen to them.
- Research also indicates that TV consistently reinforces gender role and racial stereotypes.*

Challenge Your Family to Turn the TV Off!

Fun activities to do when the TV is off:

- Make a family collage
- Exercise
- Have a family fun night, play board games
- Listen to music and dance
- Encourage children to play outside
- Get children involved in extracurricular activities at school or in the community
- Do arts and crafts
- Play sports/shoot a basket
- Read a book
- Ride a bike
- Go on a nature walk

* Dowshen, Steve, *How TV affects your child*. February 2005. April 14, 2008. www.kidshealth.org/parents/positive/family/tv_affects_child.html



PEOPLE JUST LIKE YOU!

For more information contact:
UNIVERSITY OF THE DISTRICT OF COLUMBIA
COOPERATIVE EXTENSION SERVICE

Ms. Jaime Brown
 Extension Agent
 (202) 274-7136
jsbrown@udc.edu
www.udc.edu

