

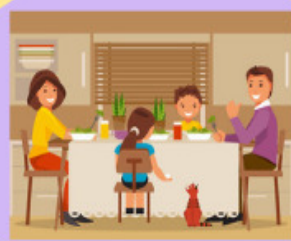
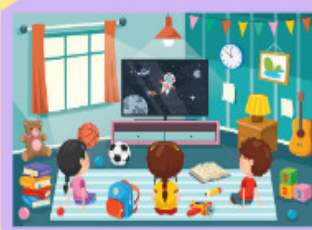


How To Mitigate The Effects Of TV On Your Child



Pick age-appropriate TV shows, checking the language used

Encourage them to watch more educational programs than the entertainment ones



Have a fixed time for watching the TV, and don't allow screen time during meals

Try to avoid using TV as a distraction to keep them busy while you do your chores



Watch TV as a family activity to prevent children from wanting to watch it

Introduce them to other activities to stay busy and entertained, such as outdoor games

