

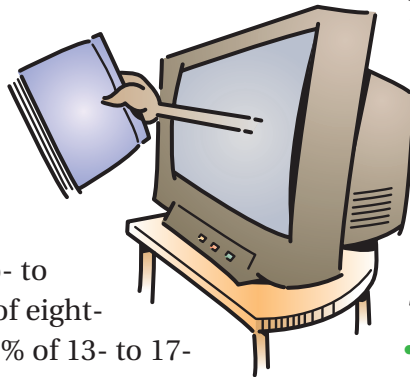
Reading for Success

Turn off the TV and pick up a book!

Research increasingly shows why it's important to limit the amount of time children spend in front of the TV set or the computer screen. Everything from their reading ability to their physical health is affected by all those hours in front of the tube. Mindless hours spent watching television robs children of time they could spend reading. Taming the TV monster is one great way to build your child's reading skills.

Did you know ...

- **The American Academy of Pediatrics** recommends no more than one to two hours per day of quality screen time for children?
- **Kids spend more time**, on average, watching TV and playing video games than they spend in any other activity besides sleeping?
- **Research shows** that children who spend more than 10 hours a week in front of the TV do not read as well as those whose parents set limits?
- **Twenty percent** of two- to seven-year-olds, 46% of eight- to 12-year-olds and 56% of 13- to 17-year-olds have TVs in their bedrooms?
- **Choose shows that are educational** or which teach a lesson, such as taking turns. All children's shows on public television have one of these qualities.
- **Watch television with your child** when you can. Talk about what is happening. Ask him what he thinks of the characters. Are they funny? Are they making good choices? Asking your child questions about the show can also help your child sort out what is "real" on television, and what is "pretend."
- **Help your child remember** what he learned. "Look, the letter on that sign is the same one we just saw on *Sesame Street!* What letter was that?"
- **Check out *The Berenstain Bears and Too Much TV*** from your library. Read it to your child. Then talk with your child about why it's better to limit TV watching.



Tame the TV

- **Limit TV time.** Less than two hours a day is best, but there's no harm in making an exception for a special occasion—once in a while.
- **Know what your child is watching.** At this young age, children should select their programs from a list approved by parents.
- **Make a calendar.** Have your child put a sticker on each day that is TV-free. Once your child earns a certain number of stickers, reward him with a trip to the park or another activity you can do together.

