

Guidelines for parents

- Set guidelines about what is OK and what is not OK to watch.
- Forbid violent programs.
- Limit TV viewing to two hours a day or less.
- Include children in family discussions about what the family will watch.
- Talk about what you see and what it means.
- Discuss the differences between reality and make-believe.
- Discuss the consequences of violence.
- Discuss non-violent solutions to problems.
- Set a good example by grading your own viewing habits.
- Don't use the TV as a distraction or a babysitter; watch with your children.
- Set regular bedtime for your children.
- Turn the TV off during meals.
- Encourage children to be more physically active: spend at least as much time on physical activities as on TV viewing. Tell children to get up a move during the ads!
- Work for better TV programs for children and families: see the *Reading Rx Media Advocacy* brochure.
- Encourage children to read – **and read with them!**



Reading Rx is a 501 (c) (3) non-profit corporation.

Our vision is to ensure that every child grows up literate.

Our mission is to:

- empower medical providers to
- partner with community organizations to
- prescribe family literacy and
- promote children as informed consumers of media.

To request more information about Reading Rx, purchase brochures or video tapes, obtain a speaker, or make a tax-deductible contribution, please contact:

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A Child's TV Log Book



Overwhelming evidence shows that media content can be harmful to children and families.

Taking a hard look at what you watch.



