



TIPS FOR GOOD TELEVISION WATCHING HABITS FOR CHILDREN

- **No television for babies and small children**
- **Adults as role models.** Children closely observe how adults watch television and how often.
- **Create alternative offers.** Often children watch television because they have nobody to play with and do not know what else to do. Usually they would prefer to play with other children or their parents to passively watching television.
- **Watch television selectively.** Look through the TV magazine together with your children to choose a suitable program and make a clear agreement with your children about how long they will watch television. In that way children acquire competence in dealing with media. A good guideline is:
 - 3–5 years: about 30 minutes a day**
 - 6–8 years: a maximum of 1 hour**
 - 9–10 years: a maximum of 1.5 hours**
- **Television as one item in the daily routine among many others.** Make sure that television is not the determining factor in the daily routine. For their healthy development children need to have other kinds of experiences, for example physical activity outdoors, playing together with others, doing other assignments, etc.
- **Borrowing or recording films has many advantages:** You can watch the films whenever you want to, there is a clear ending, there is no advertising, you can watch the films as often as you want, you cannot simply switch to another program.
- **Where to put the television.** If possible, it should not occupy a central position in the living room. If there is a television in the room of the children, there is hardly any way to control their viewing behavior.
- **Watching television together creates mutual bonds.** It can be a wonderful common experience when a father watches his children's favorite program together with them and is enthusiastic about it, or when the whole family settles down to watch an appropriate entertainment program together on Saturday evening.
- **On must endure boredom.** It is perfectly natural to sometimes feel bored, but that is no reason to turn on the television. If children do that, they may miss opportunities to have ideas and develop activities of their own. After all, the boredom and the listlessness will certainly return.
- **Forbidding television as a punishment.** That is a punishment that is easy to implement, and sometimes it is effective. However it makes watching television too important.