

Ten TV Substitutes

10. Make a craft.
9. Play a board game.
8. Read a book.
7. Go sledding.



6. Do a puzzle.
5. Make a healthy snack.
4. Plant a garden.
3. Create a play.
2. Go for a bike ride.

...and the #1 TV substitute?

1. Play together as a family!



Find out new information at
these websites!

www.parentcenter.com

www.tvp.org

www.brightfutures.org

<http://childrentoday.com/>

<http://www.aap.org/family/smarttv.htm>



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How much TV do you watch?

...A guide to healthy
amounts of TV viewing.



How much time does the average American spend watching TV?

A shocking...

- Four hours per day for young children (slightly less for older children).
- Twenty-nine to thirty-four hours/week for adults.



What is recommended?

- Children under two years of age should not be watching TV.
- Children over two years of age should view two hours of TV or less per day.
- Adults should view no more than ten hours of TV weekly.

Why should I do more and watch less?

- Children learn better by doing and playing.
- Heavy TV watchers do poorly in school. TV keeps children from learning skills needed for school and takes away from reading time.



- Studies show for each two hours/day of TV watching there is a 23% increase in obesity and a 14% increase in the risk for type II diabetes. This is due to decreased physical activity and increased snacking.
- The more time spent watching TV, the less time spent outside or being active.
- TV viewing is a sedentary activity and encourages an unhealthy diet.

What are some ways to cut back?

- Plan other activities.
- Keep TV out of bedrooms.
- Turn off TV during mealtime.
- Adult role models should limit their own TV viewing.
- Plan to view only certain programs during the week.
- Put TV in an out-of-the-way room or behind closed doors when it is off.
- Have child ask you when they want to watch TV.
- Limit the amount of TV, computer and video games by letting the child know the maximum time allowed.
- Do not use TV as a babysitter. Watch TV with your children when you can.
- Do not eat while watching TV.
- Parents can invite children to help prepare meals.

