

PARENTS HAVE THE POWER!

To Limit TV and Be a Healthy Family

WHAT STEPS ARE YOU READY TO TAKE?

Turn off TV when no one is watching

Turn off TV one night a week during dinner

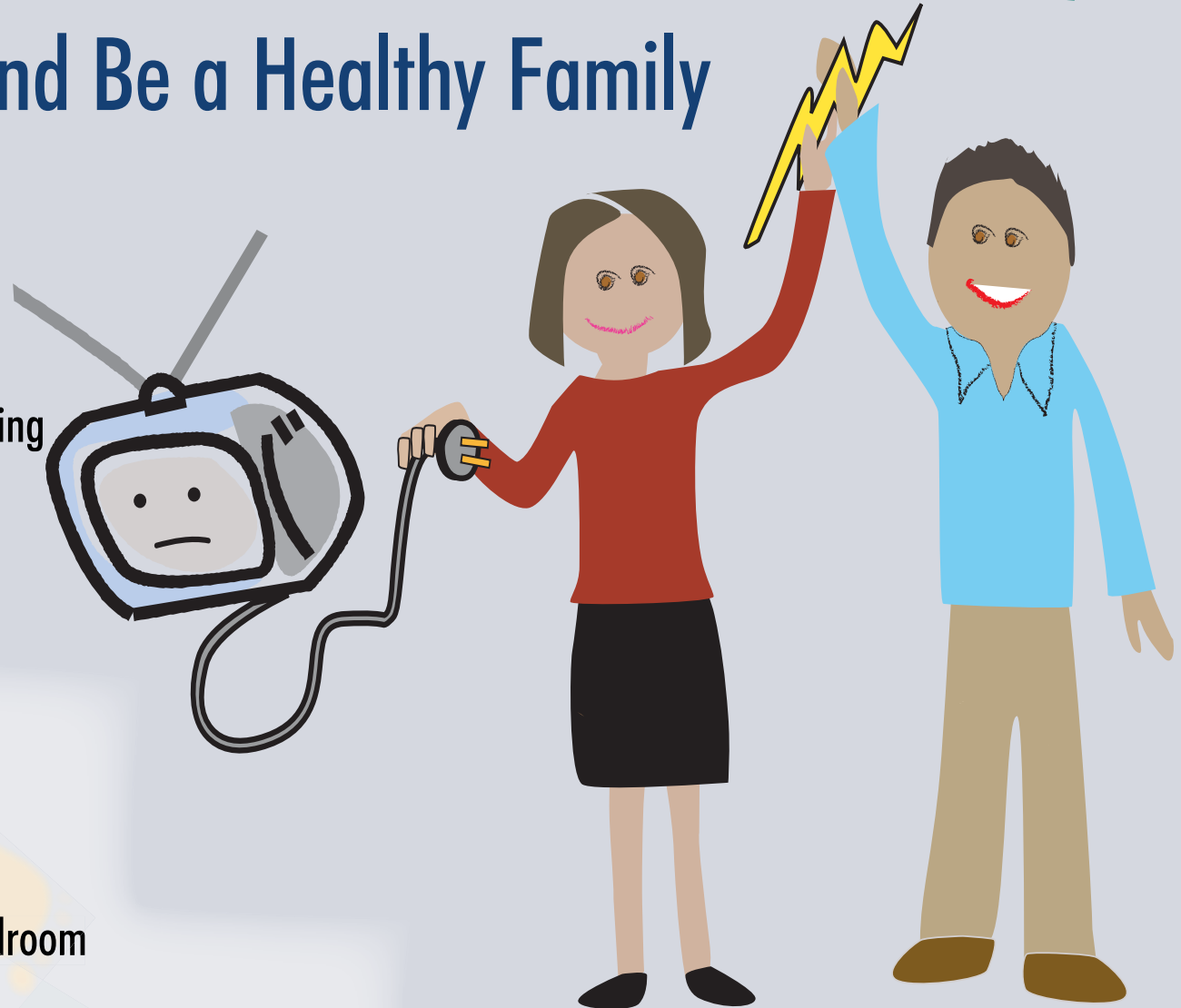
Turn off TV while eating dinner

Limit TV and Video to less than 2 hours a day.

Take TV out of your children's bedroom

Plan family activities other than TV

Cancel Cable TV



PARENTS HAVE THE POWER!

LIMIT TV

Circle the most important reasons to limit TV to less than 2 hours a day

Children will do better in school

Children will get more physical activity and feel better

Family will talk and do more things together

Family will spend less money on junk food and other advertised "stuff"

Family would eat together

Family will eat better foods

Children will learn table manners

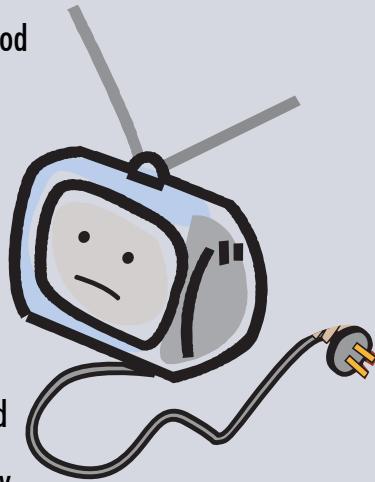
Children will get to bed earlier, sleep better

Children will be creative, play pretend, draw or read

Children will not get addicted to TV and be lazy

Family will have more fun and be healthier together

Children will behave better – not seeing rude, violent or sexual behavior on TV



BE A HEALTHY FAMILY

Circle a few activities to do instead of watching TV

Quiet time - Read

Go to community parks and recreation centers

Play music - Dance

Encourage children to pretend or imagine

Arts and Crafts - Paint or color - Make toys

Cook together

Go to library - Take classes

Get together with friends - Play board games

Go to the park - Ride bikes

Camp in your backyard or living room

Walk the dog - Take care of pets

Have fun doing chores together

Grow food in the garden or pots



NOT READY

1

2

3

4

5

← Are you ready to Limit TV →

READY