

Set Limits for Watching TV

We all know that watching too much TV is not good for us. Yet, it can be hard for children and parents to turn off the TV. It is important to set boundaries for watching TV.

Here are some ways you can help your children watch TV responsibly:

- Turn the TV on only for special shows you want to watch, and then turn it off. Children will learn to do this too, instead of just turning it on and “zoning out.”
- Choose age-appropriate educational programs for your child.
- Avoid using the TV as a baby-sitter. Children will get the idea that you think watching TV is good for them.
- Watch TV with your child and explain the difference between what is pretend and what is real.

Recommendations from the American Academy of Pediatrics:

- **Birth to two years:** No screen time. During this age the brain is developing rapidly. Young children learn best by interacting with people, not screens.
- **Children over age 2:** No more than one to two hours a day of educational and nonviolent programming.

River Float Map

Source: Community Prevention Tips and Resources.
Children's Trust of South Carolina.

