

## Why is TV-free time good for my family?

Turning off the TV gives you more special family time to talk, play, read or just snuggle up together.

- ★ Wise parents know that TV-free time is good for children's bodies, brains and behavior.
- ★ Make more TV-free time for your kid's sake:
  - Take the TV out of the child's bedroom.
  - Turn off the TV during meals.
  - Aim for less than 2 hours per day.

## Choose one to start the conversation:

- 1 How do you feel about the amount of TV, videos and games that your child usually watches? Does it feel about right or does it feel like too much sometimes?
- 2 Many families are looking for ways to cut back on the amount of TV that they watch. I've been trying to make some changes for my family too. What ways have you found to create TV-free times at your house?



Get them to make a commitment. Ask them to try one or two specific activities (like reading a book) when they turn off the TV.