



## Alternatives to TV

*Changing the way Americans use television.*

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### Suggestions For Controlling Television

- Take the television out of the most comfortable room in the house. Put it somewhere not particularly attractive, or out of the way. Don't put it in anyone's bedroom (including your own). Put it in a closet.
- Cover it with a cloth so that it isn't staring at you and the children. A bedspread will do. Or place it in a cabinet and keep the door closed.
- Make sure that young children (who are fascinated with buttons) can't turn it on.
- Collect data on what your television viewing patterns actually are. Keep a time log for the week. Note who watched what and why.
- Have rules for television watching and stick to them. Be consistent. Some families ban TV during the week, some during weekends. Some to half an hour per day. Dr. Berry Brazelton suggests not more than one hour per day, and two hours on the weekend, with half that time as "family viewing time" where there is conscious choice of what to watch together.
- Choose the program(s) to be watched, and then turn the TV off after it is over.
- Buy a small padlock and put it through the two holes on the plug and snap it shut. This way the television can't be plugged in.
- Protect children from television content. Parents should always be aware of what the child is watching. Father and mother must preview new videos or shows and/or watch with the child.
- Encourage children to talk back to the set.
- Limit your own television viewing. Model for your children the behavior you want them to carry into their adult lives.