

Parenting Tips
from
Community Parenting Service
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Opening times : Monday to Friday 12pm to 4pm

Children and Television

Television can be used as a wonderful learning tool and as an inexpensive means of entertainment for the whole family. Yet where parents do not create guidelines for the viewing of television it can become a great source of family conflict and unhappiness. It is the way the television is used rather than the television itself that is at the seat of problems we experience in this area. Listed below are some tips that may help to create a positive environment in relation to television viewing.

- Establish rules for watching television. These rules need to be consistent and followed by everyone in the house. Talk about the rules often.
- Mealtimes preferably need to be television free. Once the television is on conversation becomes lost.
- Consider leaving the television off for one night each week and during that time share alternative forms of entertainment like board games.
- Do not use the television as a baby-sitter for your child.
- Be selective in your choice of programs.
- Plan program viewing. Work with your child to identify two or three programs a day that you will permit your child to watch. Try not to allow additional television time.
- Take the time to watch television programs with your children so that you can discuss any issues that may arise through the viewing time.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.