



## ***Managing Media Use with your Children***

According to the Canadian Paediatric Society, current literature suggests that the average Canadian child watches nearly 14 hours of television a week. Add to this time spent playing video games, watching music videos and surfing the internet and no one will doubt that the media is definitely influencing our children.

All forms of media have the potential to generate both positive and negative effects on the social, physical and mental health of children. Therefore, it is extremely important for parents to learn how to effectively promote the healthy use of the media while minimizing the negative effects.

Listed below are a few simple tips recommended by the Canadian Paediatric Society to help you manage media use within your home.

- Turn the television off during meals and study time.
- Discuss the teaching value of the television programs.
- Discuss the difference between fantasy, make believe and reality.
- Put your internet connected computer in a well used area within your home.
- Get involved in your children's media use – watch, play and listen with your children.
- Keep television, gaming equipment and internet connected computers out of your child's bedroom.
- Remember, you are a role model for your children, therefore look at your own media habits and change them if necessary.

*For additional information, please visit the recommended websites listed below.*

Promoting Good Television Habits

<http://www.caringforkids.cps.ca/behaviour/GoodTelevision.htm>

Managing Media Use in the Home

<http://www.caringforkids.cps.ca/behaviour/ManagingMediaUse.htm>

Media Awareness Network

[www.media-awareness.ca](http://www.media-awareness.ca)

Listed below are only a few of the excellent resources available specifically for parents from the Media Awareness Network:

- Managing Television in the Home
- Are you Web Aware? A Checklist for Parents
- Teaching Kids to be Safe and Responsible On-Line
- Choosing Good Video Games for your Kids
- How Marketers Target Kids



*The Canadian Paediatric Society recommends limiting daily television watching to one hour or less for preschoolers and two hours or less for early school-aged children. Older children should be given the opportunity to plan their weekly viewing schedule in advance, but parents should still supervise their choices.*