



Comfort Play & Teach:

A Positive Approach to Parenting™

Every Day

Guiding Your Child's Television Viewing Habits

Parents have an important role in guiding their child's television viewing habits. Limiting watching time, helping your child make good choices and providing different activities can be part of including television as an appropriate part of your child's routine. Here are some **Comfort, Play & Teach™** strategies to manage your child's time.



Comfort

If you do this:

- Involve your child in selecting programs with characters who are caring and gentle
- Watch television with your child and ask her questions about the program once it is over

Your child will:

- Feel included in making important decisions and model positive behaviour from what he watches
- Share her reactions to what she watches knowing that you care about what she thinks



Play

If you do this:

- Provide your child with a variety of activities such as reading, crafts and outdoor play
- Create a dress-up area for your child and encourage her to create and act out her own stories with you or her friends

Your child will:

- Be able to make play choices that are more creative and healthy than watching television
- Understand that she can create stories using her own imagination and a few simple props



Teach

If you do this:

- Introduce your child to a variety of TV programs about science, nature, the arts, sports
- Set an example for your child by limiting your own TV time and showing an interest in other activities

Your child will:

- Discover that there are programs on television that can teach him a lot about the world
- Learn from her most important role model how to develop appropriate television viewing habits



For more information visit www.investinkids.ca

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