

Simple Solutions to Help You and Your Family Watch Less Television



1 Get the TV out of the bedroom.

2 Plan how much TV you and your family are going to watch.

3 Set clear limits and be a good TV role model.

4 Make a list of activities you want to do instead of watching TV.

5 Don't keep the TV on all the time... tune into specific shows.

6 Eat together as a family without the TV.

7 Watch with your children. Discuss the shows & the advertising.