Would you like to decrease TV time? Try this: Turn off the TV and read to your child.

- Read your child’s favorite book
- Pick out a new book from the library
- Ask about borrowing a book from your child’s school
- Talk to your children about what too much TV means for your family

Talk with your family:

- What are some good things about watching TV?
- What are some bad things about watching TV?
- What things can we do instead of watching TV?

Suggestion: Read the Berenstain Bears and Too Much TV to your children.

USDA is an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-432-6217.

Child Health Initiative for Lifelong Eating & Exercise: CHILE PLUS
Another way to decrease TV Time: Turn Off Tuesdays!

Have you forgotten what to do when the TV is off? Here are a few suggestions:

- Cuddle with your child
- Play games with your child
- Talk, smile and hug your child
- Play with objects, blocks, toys, pots and pans, colored paper. Then spend time together putting those things away
- Sing or dance
- Play classical music
- Play counting games
- Play hide and seek
- Let your child set the table and help with dinner

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Child Health Initiative for Lifelong Eating & Exercise

CHILE PLUS