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

Discussion topics for you and your children:
- 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?
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