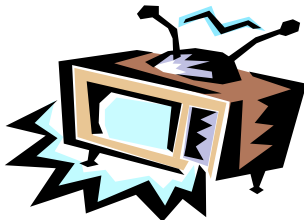


“12 TIPS TO TAME THE TUBE”

FROM THE NATIONAL INSTITUTE ON MEDIA AND THE FAMILY



1. Avoid using television as a babysitter.
2. Know what your kids are watching.
3. Watch TV with your kids whenever possible.
4. Set some guidelines around when and what children watch.
5. Practice “appointment” television. Decide in advance what’s good and watch it as a family.
6. Talk to your child about what he or she is watching.
7. Turn TV off during meals. Catch up with one another.
8. Create a TV coupon system. Kids get coupons and turn them in when they watch a program. Unused coupons can be “cashed in” for a special family activity.
9. Use the VCR to your advantage. Tape a good show and schedule a special family viewing - complete with popcorn.
10. Put the family on a TV diet and schedule some fun alternative activities.
11. Don’t make the TV the focal point of the room.
12. Patronize good programs and demand more of them.

