

## Television Viewing and Young Children

Determining what shows children should watch, and how much time they should spend watching them can be a complicated and frustrating task for parents. There are many positive effects of appropriate television viewing. Children can learn more about other countries and cultures, and be encouraged to learn more about subjects of interest. There are also many negative consequences of inappropriate TV viewing. Children may be exposed to topics and material that they are not developmentally prepared to handle. So what's a parent to do?

There are many resources to consult for guidance and assistance. Below are just a few-

- For information about *family discussions about television*, go to [www.cfc-efc.ca/docs/mnet/00001062.htm](http://www.cfc-efc.ca/docs/mnet/00001062.htm) There you will find a question guide for discussing television and proper viewing with your children.
- The *Parents Television Council* screens various popular TV shows and rates them for content such as violence, sexuality, language, etc. You may find their information and assessments helpful. Their website is [www.parentstv.org](http://www.parentstv.org).
- If you feel you would like to alter the viewing habits of your children, you can find tips and strategies at [www.vh.org/pediatric/patient/pediatrics/tvchildren](http://www.vh.org/pediatric/patient/pediatrics/tvchildren). This website is run through the Children's Hospital of Iowa, and is another resource to consider.
- Lastly, general information about the development of young children can be found at [www.childdevelopmentinfo.com](http://www.childdevelopmentinfo.com). Enter "television" in the search box for more information.

There are many wonderful resources available to help you navigate the confusing world of television. These are just a few. If you have specific concerns, please feel free to reach me at 410-887-3455.