

# did you know?

The American Academy of Pediatrics (AAP) makes the following TV time recommendations for kids:

- **Children less than two years of age:**  
NONE

- **Ages two and older:**  
No more than two hours per day.

# how do i help limit TV time?

- Get the TV out of the bedroom.

- Set clear limits and stick to your rules.

- Make a list of things your family could do instead of watching TV.

- Only turn on the TV to watch something specific. Don't leave it on all day.

- Eat together as a family without the TV.

- Know what your kids are watching.



## contact us

Lexington-Fayette County  
Health Department  
WIC Program

### Locations:

Public Health Clinic  
(859) 288-2483

Public Health Clinic South  
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[www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)

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# TV TIME

## Helping WIC families make better choices



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# what's the big deal?

You might think that cartoons, TV shows, movies, video and computer games are harmless, but did you know...

- Children who watch too much TV are more likely to be overweight and may have higher risk of developing attention-related problems.
- The risk of being overweight is even higher if a child has a TV in his or her bedroom.
- Preschool-aged children with TVs in their bedroom watch an additional 4.8 hours of TV or movies every week!
- Too much TV can lead to poor performance in school and less social experience.
- TV ads can encourage unhealthy eating habits.
- Children in households where the TV is on "always" or "most of the time" are less likely to read than are children in other homes; reading leads to healthy brain development.
- Too much TV leads to less physical activity, which is important for good health. Children in front of the TV tend to snack more often.
- Kids can get information about violence, sexuality, drugs, alcohol and smoking from TV.
- Watching too much TV can cause sleep problems. A recent study found that infants and toddlers who watched TV had more irregular sleep schedules.
- Kids who spend more time watching TV (with or without parents and siblings present) spend less time interacting with family and friends.
- Children may attempt to mimic stunts seen on TV. Injuries are the leading cause of death in children, and watching unsafe behavior on TV may increase a child's risk-taking behavior.



# is TV really that bad?

Television has its good side. It can be entertaining and educational, but can also affect a child's health, behavior and family life in negative ways.

## Just remember...

- All television shows, even educational shows, replace physical activity in your child's life.
- Too much TV viewing can contribute to poor grades, sleep problems, behavior problems and obesity.

# make a trade

Trade in TV time for other activities.

- Play outside with friends or go to the park.
- Visit your local public library or read at home.
- Join a local gym or play sports.
- Dance or listen to music.
- Paint, draw or make crafts.
- Let your child help fix the family meal.
- Take a walk and get some fresh air.
- Play dress up or play with building blocks.
- Do homework or chores.
- Learn another language.
- Work a puzzle or play a board game.

**As the parent or guardian, you are in charge of how much TV and what kind of TV your child watches.**