

Turn Off the TV



Turn on Life!
Eat Well Play Hard

**Join In This Week
April 21-27, 2008
Turn Off TV Week**

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Hey, Mom and Dad! Do you know...?

According to the American Academy of Pediatrics:

- Children watch about 4 hours of TV every day.
- Active play time is needed to develop mental, physical and social skills.
- Children who watch violence on TV are more likely to display aggressive behavior.
- Young children do not know the difference between programs and commercials.

Set Your Family Free From Watching TV

- Limit children's TV viewing to 1 to 2 hours (or less) of quality programming per day.
- Play games, inside or outside.
- Go to a park or playground.
- Dance to music.
- Ride your bike.
- Take a walk.
- Talk with your children.