

# Parenting Education Take Home Tip: Responsible Media Use



OSSEO AREA SCHOOLS  
**Community Ed**

Early Childhood & Family Education

## Model:

- 1) Limit your own tv and media usage ( research shows that parents who watch less tv have children that watch less tv)
- 2) Select a program to watch instead of just watching whatever comes on the channel. When your program ends, turn off the tv.
- 3) Discuss why you choose certain programs and why you avoid others.
- 4) Let children see you choosing other activities: reading, exercising, crafts, car repair, etc.
- 5) Make a habit of staying off your phone or computer when you are playing with your children or going somewhere with them. Unless you are having an emergency, show them that they deserve your undivided attention.

## Monitor:

- 1) Limit their tv watching or device usage to certain amount or a certain time of day or week: for example: not before breakfast, not while we eat, not a school night, etc.
- 2) Discuss your tv rules with your babysitters and others that care for your child. Explain to them the need for the child to play and have hands-on activities. Encourage them to do their favorite hobbies with your children: baking cookies, repairing bicycles, playing cards, etc.
- 3) Consider where the tv is placed in your home and how it affects your family
- 4) Watch to see how certain programs affect your children.
- 5) Limit the number of electronic devices in your home.
- 6) Use parental controls to help monitor internet access.



## Mediate:

- 1) Become familiar with certain programs by watching with your child. Discuss how the values on the show are the same or different from your families' values
- 2) Use certain shows to discuss "difficult" subjects. Ask, "What could she have done instead?"
- 3) If you ban certain shows, discuss your reasons why.
- 4) Discuss advertising claims and promises. What are they trying to sell you?
- 5) If you see specific things on shows that you do not agree with email the network and voice your complaints.

Compiled by Osseo ECFE.

For more information check out these websites:

[www.drdavewalsh.com](http://www.drdavewalsh.com)

<http://www.truceteachers.org/resources.htm>

<http://www.screenfree.org/>