

DID YOU KNOW...

the average child spends 4 hours a day watching television?

The average child will spend 900 hours per year in school and 1500 hours a year watching television. This amount is even slightly higher for those children that have televisions in their rooms.

TV time has been proven to affect several important areas of child development. For instance, a child watching TV:

- Is not interacting with other children or caregivers
- Is less physically active and not outside playing
- Is reading less and not being read to by a parent or other adult
- Is seeing commercials for fast food and junk food that may lead to over-eating

It is recommended that TV time be limited to 2 hours per week and that the example be set by parents or other caregivers. Children need to be taught to live healthier lifestyles.

For more information visit:
<http://www.med.umich.edu/1libr/yourchild/tv.htm>