



Healthy TV habits

Watching television can be an excellent source of education and entertainment for children, but too much screen time can have an unhealthy side effect. The American Academy of Pediatrics (AAP) recommends that kids under age two don't watch TV and that kids older than two watch no more than one to two hours a day of quality programming. It is important that children have activities to fill their free time.

**See the reverse side for more about
TV habit tips.**



TV habit tips

- Limit the number of TV-watching hours.
- Stock the room in which you have your TV with plenty of other non-screen entertainment (books, kids' magazines, toys, puzzles, board games, etc.) to encourage kids to do something other than watch the tube.
- Keep TVs out of kids' bedrooms.
- Turn off the TV during meals.
- Don't allow your child to watch TV while doing homework.
- Treat TV as a privilege that kids need to earn — not a right that they're entitled to. Tell them that TV viewing is allowed only after chores and homework are completed.

For more information, visit
[cardinalglennon.com](https://www.cardinalglennon.com)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

