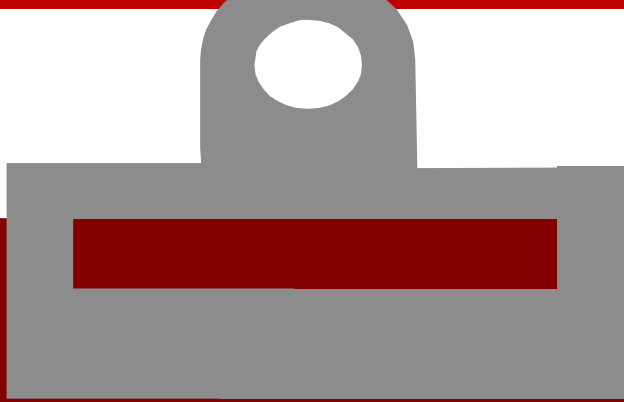


Monitor What Children Watch and Play With



Follow the American Academy of Pediatrics' recommendation and don't let your children under the age of 2 years watch TV.

Limit the number of hours per day your children can spend with TV, video games, and computer.

Allow TV and video games only after homework and family responsibilities are done.

Keep TV, computer and video games out of bedrooms so you can supervise your children.

Explain to your children which shows and games they can or cannot watch and play and the reasons for that.

Watch TV or play video games with your children as much as possible.

Tell your children to talk to you when they are scared, confused, or afraid about something they saw on TV or a movie.

Avoid giving violent toys to your children or others.