

## **12 TIPS to TAME the TUBE**



- 1. Avoid using TV as a babysitter.**
- 2. Know what your kids are watching.**
- 3. Keep TV out of kids' bedrooms.**
- 4. Set some guidelines about when and what children watch.**
- 5. Practice "appointment" TV. Decide in advance what's good and watch it as a family.**
- 6. Talk to your child about what he or she is watching.**
- 7. Turn TV off during meals.**
- 8. Use the VCR to your advantage.**
- 9. Put the family on a TV diet.**
- 10. Create a TV coupon system.**
- 11. Don't make TV the focal point of the room.**
- 12. Patronize good programs and demand more of them.**