

to home computers increased 70 percent between 1984 and 2010, and the percentage with home Internet access rose 35 percent between 1997 and 2010, according to research by the nonprofit Child Trends research center. Eighty-five percent of children have access to computers in their home, the organization says. Nearly 97 percent of American households own at least one TV, according to Nielsen. Clearly, the digital world has become a big part of life for kids of all ages. With schools back in session and the holidays approaching, many families will spend even more time in the digital world, doing homework, holiday shopping, or replacing outdoor activities with TV when the weather turns cold. Just as parents teach children the value of self-discipline in their eating, exercise and behavior, they need to share lessons of digital discipline as well. As your family gets into a fall routine, keep these digital do's and don'ts in mind:

- \* Limit screen time The Mayo Clinic reports that too much screen time (whether TV or computer) has been linked to childhood obesity, poor sleep, behavioral problems, poor school performance, and even violence. Many child health advocates recommend limiting the amount of time children watch TV or spend on the computer. When kids aren't sitting