1.If parent want their children to perform well in school, they should limit the hours that their children spend watching TV.

To begin with, watching TV excessively exerts a negative impact on children’s health.

For one thing, because of lacking self-control, they are possibly addicted to television shows, like cartoon. Staring at the screen for a long time harms their eyesight so that they cannot see the words on the blackboard clearly. Besides, keeping sedentary, kids suffer obesity and are prone to other diseases, leading poor performance in school. For another, obviously, children are immature so that they cannot distinguish right from wrong. Thus, they are easily influenced by negative information on television like violent and obscene so as to form a false value. When there are conflicts with others peers, children will fight with them. Moreover, if kids spend too much time living in a virtual world, they may become unsociable and eccentric losing the ability to socialize in a normal way, which undermines the relationship with their friends who would not offer them help in study.

Consequently, there is every reason to believe that / there is sufficient evidence to conclude that limiting hours of watching television contributes to the health of kids。

In addition, indulging in TV program gives rise to the decrease of study efficiency for kids.

翻译：

首先，过度看电视会给孩子的健康带来负面影响。

一方面，由于缺乏自控力，他们可能会沉迷于电视节目，比如卡通片。长时间的看着屏幕会损害他们的视力，这样的话他们就不能清楚的看到黑板上的单词了。而且，长时间久坐，孩子们会肥胖和容易得到其他疾病，这样会导致在学校有不好的表现。另一方面，很明显，孩子们不成熟所以他们不能明辨是非。因此他们很容易受到电视节目里负面情绪的影响，像暴力和色情内容，从而形成错误的价值观。当和其他同龄人有矛盾时，孩子们会和他们打架。而且如果孩子花费太多的时间在虚拟世界里，他们会变得孤僻，失去正常方式的社交能力，这样会影响他们和那些能在学习上给予帮助的朋友的关系。

所以，我们有理由相信限制孩子看电视的时间会对他们的健康有帮助。

此外，沉迷于电视节目导致孩子们学习效率的降低。

第一，在当今时代，孩子们有太多的学科去学习，并且他们也有大量的家庭作业需要完成。所以孩子们需要有足够的时间去预习复习课本，并且完成他们的家庭作业。如果孩子们把时间都花费在电视节目上，他们就不能去巩固他们学到的知识。其次，因为孩子缺乏自制力，如果他们熬夜看电视，那么他们第二天在课堂上就会很困，而且他们也很可能在课堂上想着各种电视节目，这样就导致无法集中精神去听讲，最后就不能完全的掌握课堂上老师传授的知识，严重影响孩子们的学习效率。

所以，有足够多的证据证明限制孩子们看电视的时间会帮助孩子们提高学习效率。

注释：

Exert a negative impact on：产生负面影响

exert：运用，施加，努力；

be addicted to：上瘾

sedentary：坐着的，不爱活动的

obesity：肥胖的

be prone to：易于…

immature：不成熟的

distinguish right from wrong：明辨是非

obscene：淫秽的，下流的

so as to：为了，导致，以便于

eccentric：古怪的

unsociable and eccentric：孤僻

undermine：组件削弱，挖…墙角

indulge：沉迷于， 动词

give rise to：导致