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, keep sedentary, kids suffer obesity 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 from 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