Watching tv children

The benefits of technology and media are numerous for children as they make learning fun and an engaging experience for them. However, to maintain a healthy balance, it is crucial for parents to think about both the good and bad effects of television on children. While television sets are an inseparable part of our lives, parents may want to know how much TV time children should be allowed and what kind of TV shows are appropriate for their children’s age group.

The television is not bad. When exposed to the right shows or programs, your child can learn useful things. Research indicates that watching TV can have a positive impact on children. It can help them change their behavior and attitude for good [(1)](https://www.apa.org/monitor/oct04/tvheroes" \t "https://www.momjunction.com/articles/good-bad-effects-television-children_0074078/_blank). \

A few television channels are dedicated to creating educational and informative content for the audience, especially children. Sesame Street, for example, is one such program which is aimed at preschoolers.

There are a few channels that broadcast only [educational content](https://www.momjunction.com/articles/best-educational-learning-apps-for-kids_00777745/) covering subjects like art and craft, science, history, geography, and math. The TV is also a great medium that exposes children to different languages around the world.

The sounds and colorful images on the screen appeal to children and also retain their attention. From movies to cartoon shows, there are several programs to keep children engaged.

Encourage your kids to watch [different sports](https://www.momjunction.com/articles/sports-for-kids_00389989/) like tennis, soccer, baseball, and basketball, by co-viewing with them. Tell them about the gameplay, rules and other interesting facts about the sport. If they show interest in any, encourage them to play the game or sport.

The TV can help your child to learn about different countries and teach them about various cultures in the world. With the right choice of programs, your child might learn about various people around the world, their traditions, lifestyles, and cultures.

TV shows aimed at young children and adolescents are not only educational but also inspiring. Educational [TV programs](https://www.momjunction.com/articles/tv-shows-for-kids_00464691/) encourage children to try new things. For example, a TV show about creative fun can inspire a child to try something new with clay, paints, or paper. Likewise, a documentary about famous scientists, artists, and other public figures can also inspire them to do good deeds or achieve something big in life.

TV affects children negatively as well. Unfortunately, the adverse effects seem to outnumber the positive ones when you do not pay attention to. Here are a few ways in which TV can be a bad influence on your children.

Addiction to TV shows reduces the amount of [physical activity](https://www.momjunction.com/articles/best-benefits-excercise-kids_0075233/) in children. Sometimes, they refuse to do anything else but watch TV all day.

* Lack of proper physical activity and too much screen time can lead to vision problems.
* Research has also indicated that there is a direct connection between TV time and obesity in kids [(4)](https://jamanetwork.com/journals/jamapediatrics/article-abstract/517896" \t "https://www.momjunction.com/articles/good-bad-effects-television-children_0074078/_blank).

Kids who watch a lot of TV do not have time to play or socialize.

Less or no interaction with peers can affect their [social development](https://www.momjunction.com/articles/social-and-emotional-development-activities-for-babies_00344795/). TV eats away the time they get to interact with other children in their social circle, which may affect their knowledge and understanding of social interactions and behavior.

## **What Can Parents Do?**

Parents have to take a stand when it comes to television. If you want to protect your children from the damaging effects of television, here is what you can do.

### **1. Choose The Right TV Shows**

The first step is to figure out what shows are appropriate for children. You will have to do some research to understand the content and the message that the show sends out to the audience. Do not pick a show just because it is for children. Keep in mind the following factors before you decide what to watch for kids:

* The **content** of the show must be appropriate for your child’s age.
* Pick shows with shorter **duration**. The longer they watch, the more the chances of them getting addicted.
* Check the **tone and pace** of the show as you would not want your kids to watch an energetic show before going to bed.
* Do not let them **watch ads.** Kids are naïve and commercials can be manipulative as their primary goal is to sell products by convincing their impressionable audience.
* Encourage them to watch **educational programs** by watching them yourselves.

### **2. Limit TV Time For Kids**

The number of hours children spend watching digital media are increasing at an alarming rate. While you may not be able to control how much TV your kids watch outside, you can surely limit it at home. Here’s how.

* ****No television during mealtime:**** Do not allow your kids to watch TV while they are eating. Ensure that you have dinner together, if possible, at the dinner table with no TV in the background.
* ****Remove TV from the bedroom:**** TV in bedrooms is a bad idea, especially for kids as prolonged exposure to screens can affect their sleeping habits.
* ****TV is not a babysitter:**** It is common for parents to use the television as a babysitter when they want to do something without being disturbed by their kids. When you are busy, you may not be able to monitor what the kids are watching, and that can expose them to inappropriate content.
* ****Television in the background:**** It is common to leave the TV turned on in the background when you are busy in the kitchen, doing the laundry or working from home. That will only draw the child’s attention to it. Do not switch on the TV unless you want to watch something.
* ****Set TV time rules for school days:**** Chalk out specific TV time for kids for weekdays and weekends and stick to them. That will prevent them from watching too much TV on any given day.

### **3. Make It A Family Activity**

Try to make watching TV a fun family activity, instead of a means to pass the time. That will discourage your children from watching it when they are bored or alone at home.

### ****4. Encourage Physical Activity****

One more thing you could do is encourage your children to go out and play. This might help in shifting their attention away from the digital media. If your kids are resisting, then try these:

* Organize play dates with your neighbor’s kids.
* Participate with them in some [outdoor games](https://www.momjunction.com/articles/fun-outdoor-activities-for-kids_00102841/" \t "https://www.momjunction.com/articles/good-bad-effects-television-children_0074078/_blank).
* Encourage them to participate in games and sports at school.
* Reward them if they voluntarily ditch the TV to play outdoors.

## **Role Of Television In Your Kid’s Life**

Let’s face the fact that television is not going anywhere anytime soon. So, not buying a TV to keep your child ‘safe’ does not guarantee that they will not be exposed to it. They can watch TV at school, at a friend’s house, or at any other place.

But this does not mean you cannot control the influence of television on your children. As a parent, you can decide how much TV your kid sees. If your kids are old enough to understand, then explain to them why you are limiting the screen time and how it can affect them; this might reduce the resistance.