

Media Literacy + Good Health Go Hand in Hand

Do	Don't
Read to and play with your child every day.	Let your infant or toddler be exposed to television and computer games.
Expose your children to a wide variety of ways to entertain themselves.	Let your children think there is nothing to do except watch television or play video games.
Watch television with your children and use it as a tool to explore values and human interactions.	Watch your show in another room because the kids are watching "some nonsense."
Have media-free family dinners together.	Read, talk on the phone, or watch television during meals.
Enjoy family time together (sometimes) with media, but limit your home to 1 or 2 televisions.	Have a television in every room.
Encourage good study and sleep habits.	Allow television in bedrooms. (It interferes with sleep.)
Help children with computer-based homework (and monitor the sites they visit).	Allow computers in kids' bedrooms. (It interferes with sleep and is harder to monitor for inappropriate use.)
Discuss the motivations of advertisers.	Leave the news programs on, assuming it is "just news."
Help children to understand that no one can be as perfect as the people in commercials (even if they do use that breath-freshening, tooth-whitening, cavity-fighting toothpaste!).	Let children or teens keep cell phones in their rooms after bedtime. (They will receive texts all night. Instead, have a mandatory recharging dock in the living room.)

adapted from *Building Resilience in Children and Teens* by Dr. Kenneth R. Ginsburg

