

family series

TV, the Internet and Video Games

What You Can do to Help Your Child

In this age of fast and easy access to information, parents face a tough job of monitoring what their children see and watch. With parental guidance and open communication, television, the Internet and video games can be educational, boost self-esteem and increase problem-solving skills. Here are some tips to help you and help your children.

Television

- Stay informed about what your children are watching on television.
- Keep televisions in places where the entire family can watch and discuss the shows.
- Set guidelines for your children about watching television.
- Plan ahead and schedule what you and your children will watch together.
- Make watching television a family project and talk about what you like and dislike about the programs you watch.

Internet

- Keep the computer in high-traffic areas of your house, such as the family room.
- Find web sites you think your children will enjoy and "bookmark" them.
- Before allowing your children online, discuss safety issues with them.
- Set up guidelines about meeting people on the Internet. Talk to your children about what to do if their new Internet friend asks to see them in person, or wants your children to send pictures.

- Help your children understand why it's important not to reveal personal information on the web.
- Let your children know they can come to you if they are receiving e-mail messages that make them feel uncomfortable. Tell them that in such an event, they should save the messages for you to read.
- Investigate software and web sites that can help you ensure safety for your children while on the Internet.

Video Games

- Monitor the video games that your children play.
- Choose video games that contain minimal or no violence.
- Choose video games that have an educational theme.

Should you need more information about this or other parenting concerns, please visit www.pcaain.org.



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