

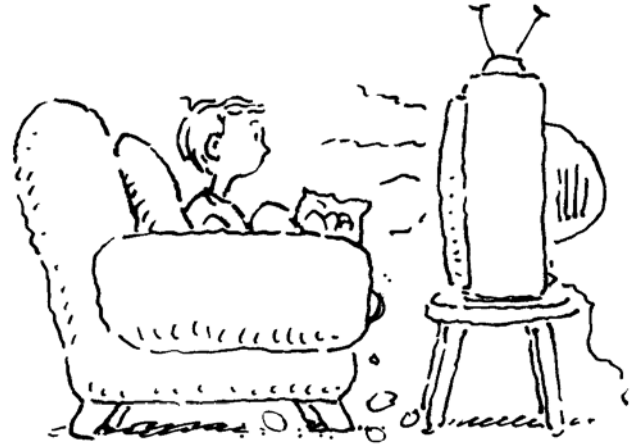
## Hey! I was watching that!

I love television, movies, and video games. They are so cool! There is so much action. I get caught up in the stories, sights, and sounds. I start to feel like I'm the super hero or rock star.

The excitement of these things makes it difficult for me to pay attention to other things. That's why I often don't hear or remember what you say to me while I'm watching a show or playing a video game. I also have a hard time stopping, so I sometimes whine, get upset, or beg for just a few more minutes.

### **What I Want You to Know**

When you call me for dinner or ask me to clean my room while I'm watching



a show, please be patient. There's a good chance I may not even hear you. Getting mad at me, yelling, and making threats doesn't help the situation either.

I hate it when you come in during the middle of a show and say, "That's it. Turn off the T.V." It bugs me when you tell me to end a video game right in the middle.

I'm glad you kept me away from watching television or playing video games until I was two years old. But even now I need your help to limit the amount and type of shows and video games I'm exposed to. Some programs, even those you see as harmless, may give me nightmares or make me aggressive.

### **Here's How You Can Help Me**

Watch a show or play a video game with me once in a while. Ask me about the characters. Ask me how to play. Ask me what I like best about the game or show. I know you care about me when you *take an interest in the things I like to do.*

I need you to *help me set limits.* If I know I can watch only 30 minutes of T.V. or play 20 minutes of video games per day we won't need to have a daily argument about how long I get to do these activities.

*Give me a 5 or 10 minute warning* before I have to move to a different activity. It may be hard for me to stop on my own. Telling me I have to stop when the current video game or show is over makes the transition easier. When my time is up, help me move to another activity and turn off the television.

*Monitor the types of programs I watch* and the games I play. Make sure that they are appropriate for my age and our family's values.