



Families in Focus: Grow Up Great: The Role of Television

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eebee's adventures

<http://www.eebee.com/>

eebee's adventures are designed to engage you and your baby with rich play experiences that provide powerful lessons that memorizing letters, numbers, colors and shapes simply can and do not.

Sesame Workshop

<http://www.sesameworkshop.org/>

Sesame Workshop is a nonprofit educational organization making a meaningful difference in the lives of children worldwide by addressing their critical developmental needs.

Emotionally Intelligent Parenting Doctors

<http://www.eqparenting.com/index.html>

How Does Increased Television Watching 'Weigh Into' Childhood Obesity?

<http://www.sciencedaily.com/releases/2005/10/051020090219.htm>

Obesity is one of the major health concerns among both children and adults in the United States today. The American Academy of Pediatrics (AAP) suggests that children should not watch more than two hours of television a day. However, the average child in the U.S. regularly watches between 2-3 hours of television a day, and many children have a television set in their bedroom. Not only are children inactive while they are watching television, they often snack on unhealthy food choices. Establishing unhealthy habits as a child can continue into adulthood. Two articles in the October issue of The Journal of Pediatrics describe the relationship between television watching and childhood obesity.

Study Finds Link Between Television Viewing And Attention Problems In Children

<http://www.sciencedaily.com/releases/2004/04/040406090140.htm>

Early television exposure in children ages 1-3 is associated with attention problems at age 7, according to a study from Children's Hospital and Regional Medical Center in Seattle published in the April issue of PEDIATRICS. The study revealed that each hour of television watched per day at ages 1-3 increases the



risk of attention problems, such as ADHD, by almost 10 percent at age 7. The study controls for other attributes of the home environment including cognitive stimulation and emotional support.

Parents' Action for Children (formerly the I Am Your Child Foundation)

<http://www.parentsaction.org/issues/media-culture/?lid=20&n=14&ccid=1>

From internet predators to violent video games, informed parents help children navigate our complicated information age. But we can't do it alone.

Hitting the Off Button

<http://www.parentsaction.org/news/features/media-culture/index.cfm?i=843>

How parents are standing up for less screen time at home.

Keeping it Real | Teaching Good TV Habits

<http://www.parentsaction.org/news/features/media-culture/index.cfm?i=845>

Television is ubiquitous and seductive. Television doesn't encourage movement or social activity. In fact, it may contribute to obesity, apathy and self-absorption --not exactly desirable qualities in children or adults.

Little Changes

<http://www.littlechanges.com/>

