

MediaPulse – Tips to manage media use in the home

- Start when your children are young. It's best to develop good media habits well before children start school. As they grow older, it will be more difficult to enforce restrictions or influence their choices.
- Take a good hard look at your own media habits and change them if necessary. Remember, you are the most important role model in your child's life.
- Make sure your child's media use is balanced with sports, hobbies, creative play and playing outdoors and that late-night chatting and surfing are not cutting into important sleep time.
- Get involved in your child's media — watch, play and listen with them.
- Encourage your children to sample a variety of quality media experiences. Guide them to make good media choices.
- Learn about the Canadian and U.S. ratings systems for television, music, movies and video games. They can be helpful when choosing appropriate media for your child.
- Talk to your child about stereotypical and violent images in the media and about strategies advertisers use to market to children.
- Limit the amount of violent content your children are exposed to and monitor their behaviour after watching scary or violent shows or playing videogames.
- Keep television, Internet-connected computers and gaming equipment out of your child's bedroom.
- Make your voice heard. If any media content strikes you as inappropriate or offensive, it's important to speak out to the media industries. It's equally important to speak out in support of quality entertainment.

Visit the Web sites of the Media Awareness Network (www.media-awareness.ca) and the Canadian Paediatric Society (www.caringforkids.cps.ca) to find out more.



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