

Effects of TV and Video Games

Taken from an article on Nourishing Healthy Young Learners written by Bob McCannon, director of the New Mexico Media Literacy Project. Here are some important points that are critical to the development of a child in relation to the concerns research has shown on the effect of TV viewing and video games.

- Talking with your child not only develops the emotional bond you have with them, it also helps develop their brain!
- Provide better alternatives to watching screens by actively engaging with your children in playing and reading.
- Expand your child's creativity with non-directed play.
- Have limits for consumption of screen (TV, internet, video games).
- Hit the mute button during commercials, both good and bad happen when one consumes media.
- When you discuss what you see or hear with your children, they are learning reflective cognition instead of reactive thinking.
- Reading lengthens attention span and TV can shorten it so keep the screens out of the children's bedrooms!
- Research has shown that interaction is crucial for a child's development, so don't let screens displace talking, reading and playing.

By Debi Scacco
School Counselor
Ilalko Elementary