

Unplug Your Children

Is the TV or computer constantly in use or background noise in your home?

Does your child sit hypnotized in front of the “TUBE” or the computer?

Do you use one of these to keep your child occupied so you can do something independently?

These questions are important because televisions and computers have become surrogate parents and teachers for millions of American children.

There is much to be learned from televisions and computer games but there is concern about the excessive amount of usage and the developmental stages of children exposed.

Marie Wimm, author of *The Plug In Drug – Televisions*; believes that while TV viewing makes life easier for parents, it is disadvantaging their child.

These children do not learn to use their own time effectively, they do not learn to be active doers, and even do not learn how to work.

Instead they are passive observers and become hyper focused, learning by watching someone else rather than directly and personally acquiring new skills and relationships.

When children sacrifice playtime for televisions, they miss out on the make-believe play that is an outlet and resolution for anger, jealousy and fear.

There is no social involvement, or problem solving practice, or team work when viewing TV or computer programs.

Televisions and computers may substitute for genuine family companionship, the reading aloud of storybooks and sharing of ideas and experiences, some families manage a type of togetherness because there is only one TV in the house.

On the other hand, so many families own more than one set that it isn't even necessary to negotiate or engage in compromise which programs are watched. The family splits up and each person chooses his or her own program.

To stop the alienation that excessive TV and computer usage promotes, parents must agree about a television viewing and then vigorously set rules for themselves and their children.

LET'S START LEARNING AND HAVING FUN!!