



BETTER  
KID CARE  
PROGRAM



# Family Time Work Time

A B A L A N C I N G   A C T

## Building Strong Families

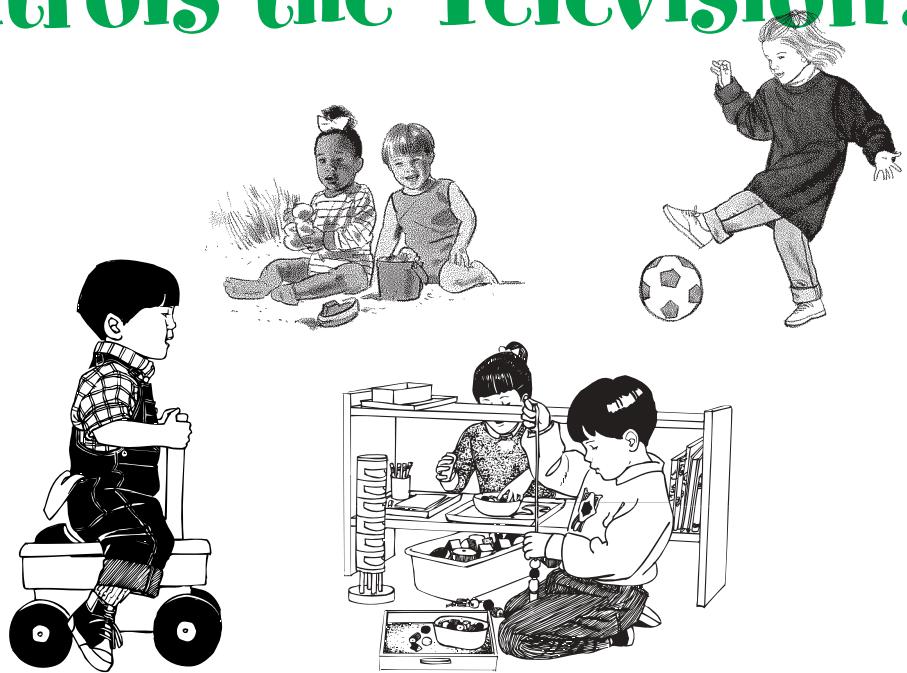
# Who Controls the Television?

Parents, who controls the television at your house? Do you think about what you want your child to watch? There are good programs for children, but many that are not.

Think about the number of hours per day your child watches television. Some experts say two hours a day are enough. It's up to you to decide what is best for your child. Keep in mind that children need to be active to build new skills and to be healthy. There is growing concern that children in this country do not get enough exercise. Children need a balance of active and quiet times to learn.

Think about your child's age and the type of things you want him to see, learn, and imitate. There are many good shows for children on public television stations. Others can be found on Nickelodeon and the Disney Channel. You can also select some appropriate videos or DVDs that you want your child to see.

Watch a show with your child and talk about it. Answer questions your child may have. Be sure to turn the television off when a show is over. Some people just leave the television on at all times, forgetting that children often watch anything that is on. This will expose your child to things you may not want him to see.



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When deciding on a TV show for your child, look for shows that will:

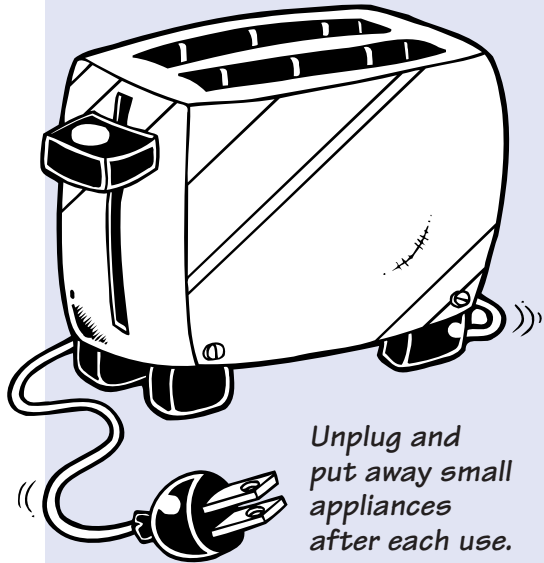
- teach your child something
- hold his interest
- encourage him to listen and question
- help him learn more words
- make him feel good about himself
- introduce him to new ideas and things

Be sure you are not using television as a babysitter. Balance television watching with other enjoyable activities for your child.

### CHILDREN AND THE NEWS

Think about news shows. What's happening in the world can be scary for a child. Protect your child from this by watching the news when he is not around or is asleep. If your child happens to hear about scary things that are happening from the news or another source, reassure him that you will take care of him and protect him the best you can. Answer questions simply and try not to go into too many details. Keep routines normal at home and give lots of hugs.

# Safety Tips



Unplug and put away small appliances after each use.

If you have a baby or toddler in your family, check for possible safety hazards by looking at things from your child's eye level. What about the electrical outlets? Here are some ways to help keep your child safe:

1. Use childproof outlet covers.
2. Make sure that electrical cords are not in places your child can reach.

3. Unplug and put away small appliances such as hair dryers, curling irons, and hand mixers after each use.

4. Never leave your child unsupervised in a room with a space heater. Keep space heaters at least three feet away from bedding, clothing, drapes, furniture, and rugs.

5. Check for and repair any damaged cords and broken plugs on lamps and electrical appliances. To prevent damaging the cord, pull on the plug instead of the cord when unplugging something.

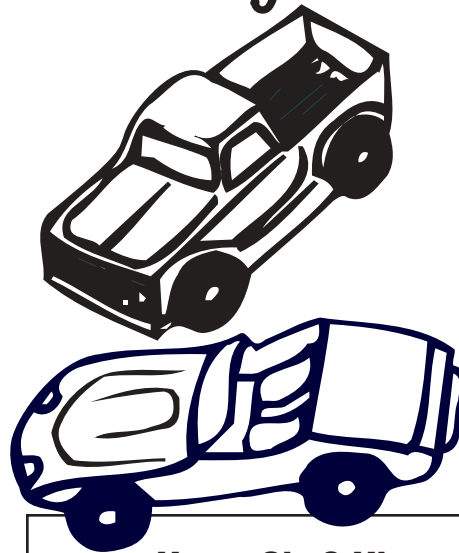
## Watch Out for Those Tiny Batteries

Tiny button batteries are found in many things such as watches, toys, computer games, and musical cards. They can be dangerous if a child swallows one. Immediate medical attention is needed and usually an x-ray is required.

Never permit your baby or toddler to play with toys that are powered by button batteries. Battery-powered toys are designed for older children. If your older child has one, secure the battery compartment with tape. Keep all replacement batteries locked away. Dispose of old batteries right away.

If you suspect that a child has swallowed a button battery, call your **Poison Control Center** number right away at **1-800-222-1222**.

Never permit your baby or toddler to play with toys that are powered by button batteries.



### He or She? Him or Her?

Please note: In this and all Better Kid Care publications we take turns referring to children as "he" or "she." When we use he or she, we include all children.

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