

## 5 Where Do Children Learn

**Where do children learn most of what they will learn and know?** From television, adult role models or other children they play with? Although other children and television are places children will pick up information, adult role models are actually the strongest influence. Children really do watch adults for all sorts of things! However if there are no positive role models available or the role models are watching excessive TV, then television will be the next most powerful influence. Studies are even saying that TV can lead to Attention Deficit Disorder since it teaches children that life is pieced together in bits and clips. Let's just talk about television, video games and the internet for a bit. As parents, you should

- Think twice before investing in video games at all.
- Limit time on games
- Disallow games with violence and profanity.
- Preview games before allowing child to use them.

The American Academy of Pediatrics calls for:

- limiting all media use to no more than two hours per day, and none at all for children under 2.
- watching television with children,
- removing television sets from children's bedrooms, and
- monitoring all media exposure, including video games and movies

More than half of all parents say they always limit what their children see on TV, but almost three-quarters admit their children still see televised violence at least once a week. Re-evaluate your practices. Don't let it get out of hand. Media addiction is a real and growing phenomena!

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