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Top 10 Ways to Reduce TV Watching at Home

1. Make sure your television set doesn't become the center of attention in your home. Try putting the TV behind a screen or closed doors.
2. Keep the TV off during dinner. Meals are a great time for talking.
3. Make some days of the week TV-free days.
4. Avoid using TV as a baby-sitter.
5. Don't use TV as a reward or punishment.
6. Move around to your favorite music instead of watching TV.
7. Cancel your cable subscription.
Use the money saved for a fun family outing.
8. Hide the remote control.
9. Plan ahead for TV viewing.
10. Remove the TV set from your child's bedroom.

Remember to be patient.

It's okay if your child complains of being bored.

Boredom often leads to creativity.

*ACTIVE BODIES
ACTIVE MINDS*

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