

Managing children on watching television

[Media](#), [Television](#)



Managing children on watching television The definition for television is a system for transmitting visual images and sound that are reproduced on screens, primarily used to broadcast programs for entertainment, information, and education. The history of television comprises the work of numerous engineers and inventors in several countries over many decades. The first practical demonstrations of television, however, were developed using electromechanical methods to scan, transmit, and reproduce an image.

As electronic camera and display tubes were perfected, electromechanical television gave way to all-electronic systems in nearly all applications. Commercially available since the late 1920s, the television set has become commonplace in homes, businesses and institutions, particularly as a vehicle for advertising, a source of entertainment, and news. In 2009 78 percent of the world's households owned at least one television set, an increase of 5% over 2003. Television can be used in many ways, such as entertainment, information, and education.

Television can be bad but it can be good if we know how to manage with it. The American Academy of Child and Adolescent Psychiatry states that television viewing can be a powerful influence in developing value systems and shaping behavior. Most of us are aware that Sesame Street teaches children who are ready for it, letters and numbers. Research on children's behavior, school performance, weight, sleeping habits, and brain development back up the assertion that TV is harming our children.

Violent behavior, research has shown that the more hours children spend watching TV, the more likely they are to display aggressive impulses and hostile feelings. This effect has been found to apply whether the televised behavior is performed by a human or by a cartoon character. And aggressive impulses have been found to occur with girls as well as boys and with teenagers and adults as well as children. There are also other behaviors that are almost likely to occur when we let our children watch television such as, kids who watch more TV start smoking at an earlier age, exposure to alcohol use on TV and in music videos (such as on MTV).

As a parent, what can we do to teach our children to view television as a treat or special entertainment. Many of the following suggestions come from the American Academy of Pediatrics, the first one is observe, how do our children act after watching television? Do the certain behaviors increase or decrease? After observing you can decide whether to eliminate certain programs or not, short term effects are easier to observe but, long term effects are far more difficult.

Listening to our child also can help them to share what they are thinking about the show and let them share their feelings about it, by listening we also can ask questions and help them to think about what they've seen, process it, and clarify values. Monitor the shows children and adolescents are viewing, most programs should be informational, educational, and nonviolent. Choose shows that engage through challenging and interesting content, rather than flashy graphics and noise. Make sure programs are age and developmentally appropriate.

Provide alternatives, when your child says I'm bored, does it become your problem? Or is it an incentive for your child to be creative? Are the raw materials for creativity available? hobbies, and creative play. There are lots of ways to manage children on watching TV shows. We just need to learn and do research about how to manage rather than shut the TV and ask your children to study. There is a way to do it. Lastly, manage your children on watching TV well is the key to control their behavior.