



Turn off, tune in

Parents, turn off the television when your children are with you. And when you do let them watch TV, make sure the programs stimulate their interest in learning.

That's the advice arising from University of Iowa researchers who examined the impact of television and parenting on children's social and emotional development.

The researchers found that background television—when the TV is on in a room where a child is doing something other than watching—can divert a child's attention from play and learning. It also found that non-educational programs can negatively affect children's mental development.

Best advice: Sit down and watch a TV show. When it's over, turn off the TV.