



Alternatives to TV

Changing the way Americans use television.

Developing Alternatives to Television

- Help children fall in love with books. Go to the library, join a children's book of the month club. Read to them. Encourage them to read to you, encourage beginning readers to read to younger siblings.
- Create a play area. Use a box to collect different articles that can be used in play.
- Have toys that are "open-ended." Toys that are single-purpose quickly become boring and are a waste of money. Buy generic toys that encourage imagination, such as Legos, paints in primary colors, trucks, magnifying glasses, dolls.
- Set up a quiet area where children can retreat. A large box, the space behind a couch will do just fine.
- Buy dress-up clothes at the thrift store.
- Encourage letter-writing to family members or pen pals.
- Make up stories and lullabies for children. Whatever you do will be fabulous to their ears.
- Encourage children to learn to do household tasks. Praise their work. Let them know you appreciate it when they do a good job.
- Cultivate friendships with children of different ages in your neighborhood. School-age children can play with preschoolers very effectively.
- Cultivate "benign neglect." Give children space and time to find their own activities. If they're bored, it's not your fault.
- Create a "game night" where the whole family plays a board game together
- Talk to other parents, share ideas.