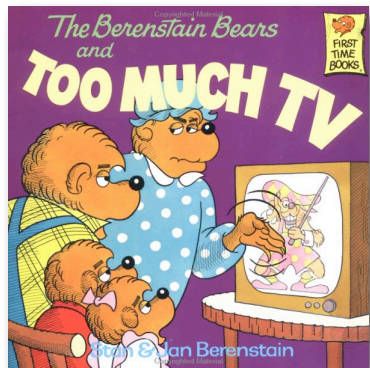


# UNPLUG & PLAY!

## Module 2 Read a Book to Your Children



**Suggestion:** Read the **Berenstain Bears and Too Much TV** to your children.

Would you like to decrease TV time? Try this: Turn off the TV and read to your child.

- Read your child's favorite book
- Pick out a new book from the library
- Ask about borrowing a book from your child's school
- Talk to your children about what too much TV means for your family



### Let's chat:

- What are some good things about watching TV?
- What are some bad things about watching TV?
- What things can we do instead of watching TV?

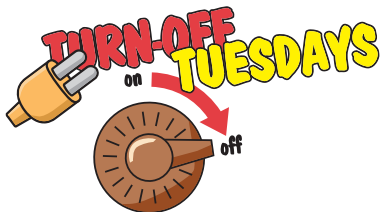
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# UNPLUG & PLAY!

Turn Off Tuesdays!

Another way to decrease TV Time: Turn Off Tuesdays!



Have you forgotten what to do when the TV is off?  
Here are a few suggestions:

- Cuddle with your child
- Play games with your child
- Talk, smile and hug your child
- Play with objects, blocks, toys, pots and pans, colored paper. Then spend time together putting those things away
- Sing or dance
- Play classical music
- Play counting games
- Play hide and seek
- Let your child set the table and help with dinner

