

You Have the Power

Participant Centered Group Outline

Materials Needed

Read before class: Television and the Family: Overview of the impact of television in our lives. Compiled by the American Academy of Pediatrics.

<http://www.ars.usda.gov/is/pr/2008/080421.htm>

You Have the Power Activity Sheet: follows along with class discussion. Acts as a prompt rather than the focus point of the group. Have enough copies for everyone in the group.

You Have the Power handout: Five guidelines in developing healthier children who aren't dependent on television. Have enough copies for everyone in the class.

Markers plus a White Board, Flip Chart paper on an easel or a large sheet of paper taped to the wall to write things down as they are mentioned during the lesson discussion.

Lesson Objectives:

Participants will:

- Be aware of the negative effects television watching can have on growing children
- Identify ways they can limit the amount of television their children watch
- List activities they can do with their children instead of watching television

Introduction

Hi, Welcome to our WIC group titled You Have the Power. My name is and I'll be leading our discussion this afternoon.

We know there are many things that impact our health and our children's health. Some of these things we have a lot of control over, some of these things not so much. Today we are going to spend around 20-30 minutes talking about television watching and how it can affect children and families. We are doing things a little differently today. Instead of me getting up here and telling you things you may already know, I want you to have a chance to share things so you all can gather ideas from each other. So this will be more of a conversation. I am sure you all will have lots of ideas about this topic and I want you to feel safe in sharing your thoughts and opinions. How does that sound?

I am really glad to see so many children here today. There are some coloring pages and crayons over here if your child would like to color while we are talking. If for some reason your child gets a little active or rambunctious, feel free to take your child out of the room if you need to. But be sure and come back!

I know you all are busy parents, so to respect your time I'd like to ask that you turn off your cell phones or put them on silent so we don't get distracted and can end on time.

To get us started, since we are going to be talking about TV watching, I'd like you to pair up and share with your partner what some of your favorite shows you remember watching while you were growing up. Take a few minutes and then I'll ask to hear from a few.

Pair Share – Ask to hear from a few.

How Much TV Are My Kids Watching?

Thinking about when you were a child, what were some things you use to enjoy doing during the day? What are things your child does during the day?

Handout to participants – You Have the Power Activity Sheet

Thinking about the past few days, try to imagine how much time your child spends doing those different activities. Use the chart on the handout to shade in the amount of time for the most of the things your child does. It is broken into one hour increments so if your child spends about an hour eating – you could write EAT in the wedge between 12 and 1. You don't have to use the lines, but they may help you divide up the time.

Example: Model how to fill in the chart using example on flip chart paper.

Ask: Think about how much time your children spend in front of the TV. What are some reasons your children watch TV? (If discussion doesn't start, suggest these: They have favorite shows? Keeps them busy while you are busy?)

Studies have shown that the average American child watches about 4 hours of TV every day. Video games, movies and computer games also take up a lot of time. What do you think about all the TV your children watch?

How does this Affect my Child?

What might be some advantages and disadvantages of children watching TV?

How do you think TV affects your children? (If discussion doesn't start, suggest these: Do they fight more or less? Ask for foods they see advertised? What kinds? Would they rather watch TV or go play with friends? Would they rather watch TV than read? When they see commercials, what is most advertised? Look at the handout again and circle the pictures of things that are most often in commercials.

Watching more TV tends to make children weigh more because they might eat as they sit and watch TV. Commercials try to get your kids to ask you to buy unhealthy foods, like fast foods and sugary snacks.

What have you noticed about children's eating habits when they watch TV? Anything? How do you respond when your child asks you to buy foods they have seen from TV?

Children also see a lot of violence on TV. As much as 8,000 murders by the time they finish elementary school. TV time also takes away from the time they need to play and read and learn for development.

Hand out to participants – You Have the Power

As a parent, there are many ways you can help your child develop positive viewing habits. This handout provides some ideas for guiding your child's time.

What do you think about this information?

How much TV do I Watch? Am I a Role Model for my Kids?

We know our children look up to us for guidance. Why is it important to be a good role model for our kids? I think we need to think about how much TV we as parents watch and what some of those shows are, especially if our children are around.

Refer to - What Can I Do as a Parent?

Before we end our group, I wanted to give you an opportunity to write down some ways you as a parent can be a healthy role model for your child related to their TV habits.

What are some other things your child can do when you are busy?

Also on that sheet are some things you could try if you are concerned about how much TV your child watches. You can go ahead and check off the things you will

try. When you get home you might ask your children and other family members for their ideas.

What questions or comments do you have from what we have talked about this afternoon?

Pair back up and share one thing you learned or one thing you might try from what you heard today.

Thank you for coming today. I know you are the expert on your child and I am confident you will make choices that you feel are best for your family.

You are welcome to take any materials with you. There are additional resources on the table behind me.