

Media Resources for Parents

If you're concerned about balancing your child's "screen time" (computer, videos, games, etc.) against other activities, here are some resources to help you. Your child's doctor is another excellent resource.

American Academy of Pediatrics

The American Academy of Pediatrics Web site includes media guidelines for parents on its "parenting corner" page. It also includes explanations of the Entertainment Software Rating Board (ESRB) rating systems and information about using the internet safely and using television wisely.

<http://www.aap.org/healthtopics/mediause.cfm>

Media Awareness Network

This Canadian network operates to help people understand and effectively use a variety of media. The Web site includes tips for using video games wisely.

http://www.media-awareness.ca/english/parents/video_games/index.cfm

Healthy You

Check the Healthy You archive for an earlier article on how to choose healthy gifts for children—including those that encourage physical activity.

http://www.lvh.org/cwo/Being_Healthy/Healthy_You_Magazine/index.php?id=2&id2=11&id3=463&page_id=1264

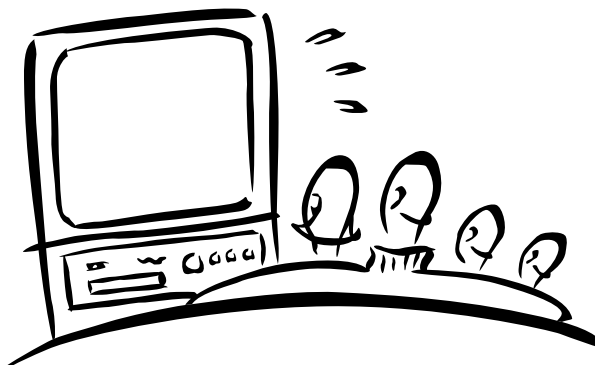


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We Can!

We Can! stands for Ways to Enhance Children's Activity & Nutrition, a national education program designed for parents and caregivers to help children age 8-13 maintain a healthy weight.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/whats-we-can/>

Reviews

These Web sites include reviews of video game content, specifically oriented toward children:

<http://www.common sense media.org/index.php>

<http://www.parentstv.org/>

<http://movies.go.com/parentreviews/>

<http://www.kidsdomain.com/reviews/>

<http://www.parents-choice.org/default.cfm>

<http://www.superkids.com/aweb/pages/aboutsks.html>

This site will give you the gamers' reviews: <http://www.gamespot.com>.



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