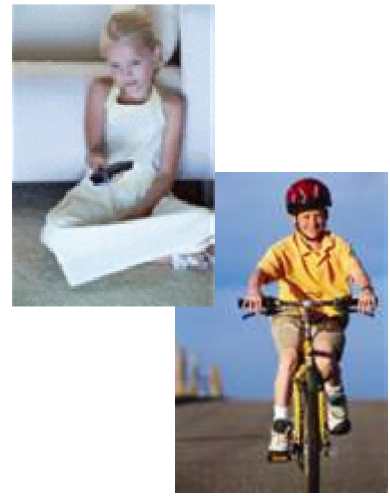


# Less Screen Time, More Family Time



## Pre-reading

### Questions:

- How many hours a day do you watch TV?
- How many hours a day do your kids watch TV?
- How much screen time is too much screen time? Why?

### Definitions:

- Research – the study or testing of something to learn new facts
- Limit – to set a greatest amount that is allowed

## Reading

18 Jeff and his kids watch a lot of TV. The TV is always on when they are home.  
32 Jeff's children attend Head Start. Pat, a Head Start teacher, tells Jeff and other  
47 parents what the research says about TV. Too much TV can cause kids to be  
62 overweight. It can affect their learning and their sleep. Plus, it can cause them to  
65 make bad choices.

81 Jeff wants his kids to be healthy. He wants them to do well in school. He  
98 wants them to be kind and to behave well. Jeff decides to limit their screen time to  
one hour per day.

102 Less screen time means more family time. Jeff and his kids ride their bikes.  
116 They walk to the park. They play games and read books. They talk more and smile  
132 more.

## Understanding

1. Who shares the TV research with Jeff? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. How can too much TV be bad? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Why does Jeff limit screen time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What is the new screen time amount? \_\_\_\_\_  
\_\_\_\_\_
5. Has less screen time been a good thing for Jeff and his kids? Why or why not? \_\_\_\_\_  
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## Writing

Option A: Write the story in your own words.

Option B: Write about screen time in your home. Would you like your kids to have less screen time? Why or why not?

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