

The Smart Box: Introducing Healthy TV Watching Habits To Our Kids

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When we consider the ways of [keeping our kids healthy](#), it's not just about the obvious things like eating right and exercising but it's about encouraging healthy habits in life. We can look back and realize that we made certain mistakes or instilled unhealthy habits because we do them ourselves. A very good example is television. The [latest Infinity Dish statistics](#) show how television plays a role in almost everyone's life. Perhaps there were a few times when you needed a break so you put your children in front of the television but this has now spiraled out of control and now you've got couch potatoes for kids! But when we look at the idea of watching television there are ways for us to encourage some healthy habits.

Being Aware Of Questionable YouTube Content

It's something that we think is pretty harmless, especially for toddlers. When we put on a kids YouTube channel that plays nursery rhymes we may not realize that there is a lot of unhealthy and questionable content out there that individuals are trying to sneak into the videos. We should monitor our children's living habits but we should also think about the streaming services we use. If you have a Firestick it's so easy to install apps that have various questionable shows and content. A VPN (Virtual Private Network) is something that might help and if you're wondering [why would you use a VPN for Firestick](#) it is a good way to keep yourself anonymous so you're not easily targeted with specific content. Using a VPN can also be useful when travelling abroad, as some of your child's favourite shows may be blocked by the local internet. For this reason, if you're traveling to a foreign country like China, make sure to have a reliable service like [ExpressVPN China](#) at hand to ensure a fast and secure connection without encountering any common restrictions. Whether you are at home or abroad, once we get into certain viewing habits the algorithm kicks in and so we are suggested more and more questionable content, so having a degree of privacy can be important.

Turn The Television Off

It sounds obvious, but the television becomes a background to our lives. Turning the television off when visitors come by, eating meals, or doing other tasks means that you don't rely on the television to become a babysitter of sorts. Our children can easily become distracted by what is on television and when our children are young, this is the perfect opportunity to make sure they don't rely on this for the rest of their lives. This can mean a lot of harsh lessons for ourselves when we are used to watching television. But when [you live by the rules](#) yourself it's far easier to enforce them. It's a good idea to impose certain time limits. For example, if your children have started school, two hours should be the maximum. And when you start to schedule their day after school it gives you an opportunity to incorporate other important skills.

Choosing Educational Content

This is such a difficult topic to get our heads around. It's easier when your children are preschoolers because there's a lot of shows out there about counting and giving your children certain nuggets of knowledge. But as your children get older it can be harder to monitor this. Not allowing your children to plan their own weekly viewing schedule can seem a little bit on the harsh side but when you allow a certain time limit consider incorporating things that you think [are educational](#) into their TV watching time.

Television can be a good thing, just as long as we approach it with the right balance.

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