

Pointers For Parents

Smart TV Choices For Children

(NAPSA)—Although children's television choices can seem infinite, there are ways to ensure they are viewing age-appropriate, educational programming that is also engaging and entertaining. But how do you help them make smart television choices?

First, help them develop healthy television viewing habits. One approach is to watch television with them. This not only means you'll know exactly what they're watching, but also allows for more "prime time" together.

Second, help the child learn how to choose good programs independently. A service such as cable On Demand, available through digital cable, makes this even easier by allowing kids to choose among hundreds of popular, high-quality shows and movies, from nature adventures and cartoons, to do-it-yourself projects and history documentaries. Children can choose from a wide selection of engaging programs—and using the remote, they can fast forward, rewind, and pause, just like using the VCR. They can even skip ahead to favorite scenes and watch them over and over.

Some additional suggestions to ensure a positive television viewing experience include:

- Selecting age-appropriate shows: Make sure the television show is right for the child's age range, and doesn't contain content that they wouldn't understand.

- Placing limits on the amount of television kids watch: Set boundaries for when and how long they can watch television, so they develop smart habits.



With parental supervision, children can learn how to make sensible program choices.

- Whether it's 9:00 a.m. or 6:00 p.m., with cable On Demand you can choose a TV time that's right for everyone. And shows from PBS, Discovery and A&E, for example, mean you can get kid-tested and parent-approved television whenever you want it.

In addition, digital cable service offers parental controls that allow adults to block viewing and purchase of particular networks, shows and movies. Learn more about the available tools and resources available to help families make educated and responsible decisions about television viewing at www.ControlYourTV.org.

If you're looking for more information on the array of children's programming found on cable On Demand, log on to www.onlycablecan.com or call 1-877-ONLYCABLE.