

Pointers For Parents

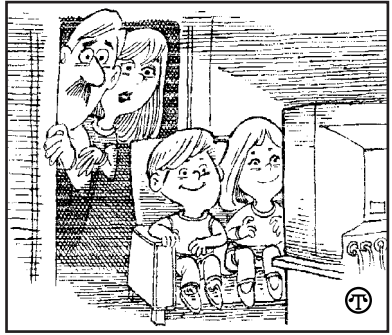
Screening Children's Television Habits

(NAPSA)—Parents usually keep an eye on what their children eat and where they play, but tuning in to what they watch on TV may be just as important.

According to the American Academy of Pediatrics, in a study conducted in 2003, children who watch violence on TV may be more prone to display aggressive behavior. However, that doesn't mean parents should pull the plug on kids' TV watching altogether. Instead, experts say to know what your children are watching and to take steps to keep them away from inappropriate programs. Try these tips:

- **Think Inside The Box**—Know what programs and movies are being shown and decide which are appropriate for your children. Read TV listings and pay attention to reviews. It's also a good idea to preview programs before you let your children watch them. If you have doubts about shows or need some advice, try talking to other parents, teachers and pediatricians.

- **Child-Friendly Movies**—Parents can find child-friendly programming on networks such as Starz Kids & Family. The channel features age-appropriate movies including "Finding Nemo", "Ella Enchanted", "13 Going on 30", "Hidalgo", "Miracle", "Elf" and "The Incredibles". The network airs G-rated and some PG-rated movies during the day, when mostly young children tend to be watching, and PG and PG-13 movies after 6 p.m. For older children, the company also offers Encore Wam, a channel that airs movies, comedy series, celebrity news and more geared toward teens. Starz also offers Starz On Demand, allowing viewers to access a library of more than 100



On-demand features and password-protect technology can help parents keep an eye on what their children watch on TV.

movies to watch on their schedule, including a "Kids and Family" category. The service provides parents added control over what their children watch by allowing them to start/stop the chosen movie whenever they want. The on-demand features can be accessed anytime, making it easier to find child-appropriate content at times of day when such shows are not usually available. On-demand capabilities also make it easier for kids to watch inappropriate content, prompting parents to take the simple extra step to ensure the content their children choose is parent approved.

- **Parental Controls**—Most cable and satellite providers offer parental control features through the set-top box. Parents can easily password protect stations and content (meaning they cannot be viewed without first entering a password) or use the feature to block certain movies. For instance, parents can program their set-top boxes to require a password to view movies rated TV-MA, R or even PG-13 for younger children.