

Take Part in TV-Turnoff Week

During the week of April 24th to 30th, some 8 million people will try to just say no to their televisions.

Sponsored by the TV-Turnoff Network (www.tvturnoff.org), the annual event can be joined as an individual, family or school level. And while the group's Web site offers loads of activities for kids to enjoy, here are some house rules that can help you continue to limit the amount of TV your family watches each week.

Rule#1 Eat meals together, especially dinner, with the TV off.

Benefit: You learn more about each others day.

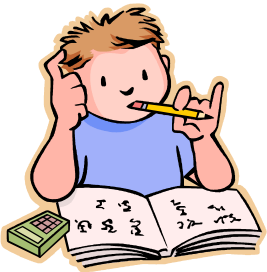
Rule#2 Rooms must be straightened before the TV is turned on.

Benefit: Kids may be more willing to pick up there things.



Rule#3 All homework must be completed before the TV is turned on.

Benefit: Your children stand a better chance at finishing their homework.



Rule#4 No TV if the sun is shining.

Benefit: Your kids may get outside and exercise more!

