

Are children spending too much time in front of the television?

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Children 6-11 all over the UK watch about 3 hours a day of television. They mainly do this for entertainment and to get out of the way whilst their parents get things done. However what effect has this on our children?

Research shows that children now a days get effected by watching too much television by not interacting with family for example families don't eat together anymore because there watching telly as they eat and some kids eat in their rooms. Also television could result in a lack of concentration that could bring school grades down.

Do you know what your children are watching on the television and internet? Watching things not suitable for your age group could put children's behaviour at risk it could become more aggressive and persuade them to do things their parents didn't raise them to do. Studies have found that watching more television children are more likely to become overweight not just because not doing any exercise but because the high calories they crave whilst watching the television. Also, on television there are adverts of food which will tempt them to feast.

We have interviewed teachers at Whitecross High School. We asked four teachers who have children how long they let their kids watch television and why. Two teachers said half an hour to settle down and because they enjoy it. Another teacher said one hour and a half to get things done. The last teacher said a couple times a week because they are busy children.

Some people may argue that watching television isn't all bad because some programs are educational and good to teach children. However, time spent watching television needs to be monitored. Government guidelines suggest parents should monitor how long they're watching it for. Also that children should be more active and parents should check they're keeping up with school work.