



Monitoring Out of School Time

Monitoring out of school time is a vitally important part of parenting. It's during the hours either before or after school when problems can result from children not having enough structured activities. Here are some suggestions for keeping your child busy and out of trouble:

- Plan some meaningful activities for your child for out of school time.
- Take advantage of community resources for connecting your child to learning activities after school or during the summer
- Limit TV time to no more than two hours a day. Choose television programs that make your child think or choose those that teach lessons and are free from violence and sexual situations.
- Be aware that any older siblings or other relatives who baby-sit for your child know what is appropriate behavior and what is acceptable as far as TV viewing and listening to music on CDs or the radio.
- Be aware of the types of music that your child is listening to and help them learn to analyze the messages that they are getting.
- If your child has computer access, monitor the amount of time spent on the Internet as well as the types of sites your child visits.
- Access any available community resources if your child starts to engage in anti-social behavior.

Source: RMC Research, Denver, Colorado.