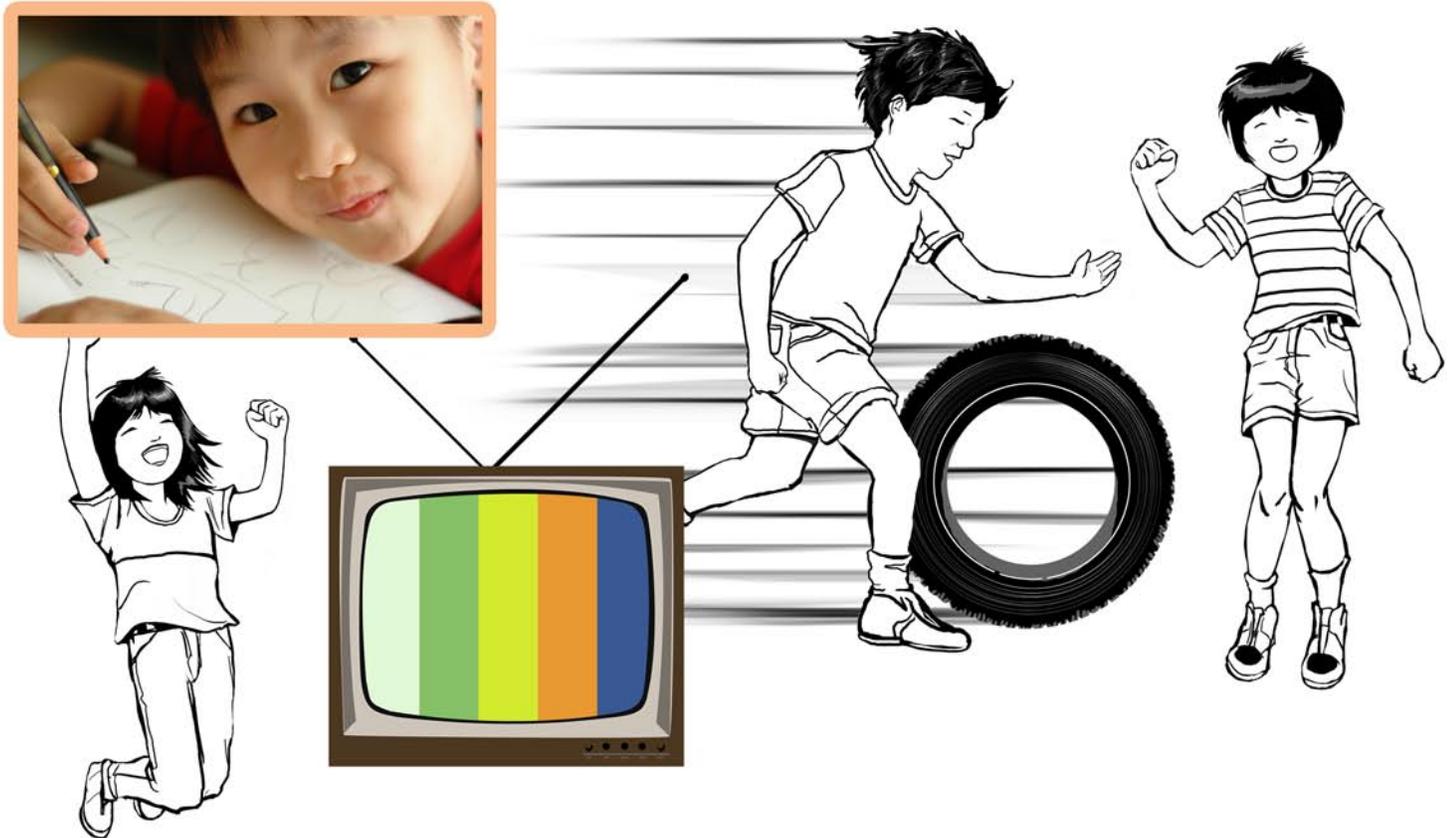


Luj Kev Saib TV thiab Siv Computer Nrog Kev Ua Si (Balancing Computer & TV Time with Play Time)



Kuj tsis ua li cas yog tias koj tus menyuam nyiam saib TV, tua game, thiab siv computer me ntsis tx-hua hnuv, tabsi thaum lawv siv sijhawm tshaj li 1 mus rau 2 xob moos lawm ces lawv yuav:

- Tsis siv sijhawm los siv lawv lub cev ua si thiab qoj mus kev
- Tsis xav ua ntawv uas tsev kawm ntawv muab los thiab ua ntawv tsis zoo
- Nce phaus vim lawv tsuas zaum ntau xwb
- Yog cov menyuam uas hnuv nyoog me dua li 3 xyoos, ces tus menyuam ntawd lub hlwb yuav ua haujlwm tsis zoo

It's okay for your children to watch TV, play video games and use the computer for a small amount of time everyday, but when they spend more than 1 or 2 hours on those activities:

- They spend less time actively playing and moving their bodies
- They may not do their homework or not do it well
- They may gain too much weight over time
- When they are younger than 3 years old, their brain development may be negatively affected



Koj yuav ua li cas thiaj li pab tau koj tus menyuam siv sijhawm los ua tej yam uas hais tag los no kom tsawg dua?

What can you do to help them spend less time on these activities?



- Txhawb koj tus menyuam kom nws ua si sab nraum zoov, nrog koj tu vaj tu tsev, ua lwm yam haujlwm lossi ua lwm yam kev ua si uas yuav tsis yog zaum ntau xwb, qhia kom nws txawj ntaus nkauj, kos duab lossi nyeem ntawv.
Encourage your children to be active and do other things such as playing outside, helping with house chores, learning a hobby, playing an instrument, doing art, or reading books
- Tshem tawm lub TV, game thiab computer ntawm lawv hoob txaj
Remove the TV set, video games and computer from their bedroom
- Lub sijhawm noj mov, tsis txhob taws TV rau lawv saib tabsi siv lub sijhawm no los sib tham nrog koj tsev neeg thiab menyuam
Keep the TV off during mealtimes and use these moments to talk to each other instead
- Tsis txhob pub koj tus menyuam saib TV lub sijhawm nws ua nws cov ntawv nqa pem tsev kawm ntawv los
Do not let your children watch TV while doing homework
- Tsis txhob taws koj lub TV ib hnuv ib hnuv
Do not leave the TV on all day
- Tsis txhob siv lub TV los ua khoom plig zoo lossi tsis zoo rau koj tus menyuam. Yog koj ua li no, koj tus menyuam yuav pom tias TV tseem ceeb heev li.
Don't use TV as a reward or punishment. Practices like these make TV seem more important to children
- Qhia koj tus menyuam kom tomqab nws saib ib daim nam tag lawm, nws yuav tsum muab TV tua kiag thiab tsis txhob saib tauj daim tshiab mus.
Help your children get in the habit of turning off the TV right after the program ends

Thaum lub sijhawm koj tus menyuam saib TV, koj yuav tsum ntsuam kom lawv tsuas yog saib tej yeeb yaj kiab uas qhia txog kev kawm ntawv thiab tsis yog tej yam phem rau menyuam yaus.



Thaum menyuam yaus saib cov yeeb yaj kiab uas tsis hais txog kev kawm, lawv yuav:

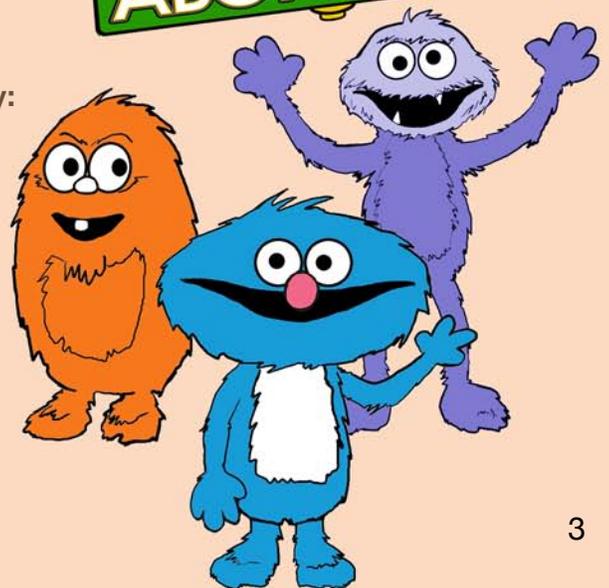
- pom cov yeeb yaj kiab qhia txog kev sib tua, sib daj sib deev thiab haus yeeb haus tshuaj
- coj tus yam ntxwv tsis zoo thiab ua siab heev rau lwm tus menyuam
- pom tau tias lub ntiaj teb no yog ib qho chaws txaus ntshai heev
- ua npau suav tsis zoo
- pom cov yeeb yaj kiab ua txog khoom noj qabzib thiab dej qabzib lossi ntau yam khoom noj uas tsis zoo rau koj tus menyuam
- tajj kom koj yuav tej yam uas lawv pom nyob rau hauv TV

Make sure your children watch educational, non-violent programs that are appropriate for their age.



When children watch non-educational programs, they may:

- see violence, sex and drug abuse
- become too aggressive towards other children
- see the world as a scary and dangerous place
- have frequent nightmares
- see hundreds of commercials for high sugar foods such as candy, soda, fruit drinks, sugary cereals and fast foods
- nag you to buy things they see advertised



**Yog koj paub siv TV, video thiab computer,
tej yam no yuav pab tau koj tus menyuam kom txawj
thiab paub siv los kawm txuj ci tom ntej.**

**When used carefully,
TV programs, videotapes and the computer
can be positive tools to help your children learn.**

**Ua ib tug qauv zoo rau koj tus menyuam,
tsis txhob saib TV thiab siv Computer heev thiab nrhiav lub
sijhawm zoo los siv cov khoom ntawd xwb.**

**Set a good example,
limit your TV/computer time and choose program carefully.**



**Txhua yam uas koj ua,
koj tus menyuam yeej pom thiab
xyaum ua tibs.**

**What You Do,
Your Child Sees and Does.**



Childhood Obesity Prevention with Asian Families
Published by the University of California, Berkeley
July 2006

Developed by
Kim-Phuc Nguyen, MS
Joanne P. Ikeda MA, RD
Flavia Schwartzman, MS

Hmong text edited by Rose Xiong and Sua Yang
Design by Glassblue Design
www.glassblue.com

This project was funded by the Food Stamp Nutrition Education, USDA.

The Food Stamp program provides nutrition assistance to people with low-income. It can help families buy nutritious foods for a better diet.

The University of California prohibits discrimination against or harassment or any person on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (especially disabled veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized). University policy intended to be consistent with provision of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 111 Franklin St. 6th Floor, Oakland, CA 94607-5200 (510) 987-0096.

Hmong: Balancing Computer and TV Time with Play Time