

Television and Media

"Physical inaction lessens not only mental but moral power. The brain nerves that connect with the whole system are the medium through which heaven communicates with man and affects the inmost life."
Education, page 209

During the formative years, (ages 0-10) children are developing their perception of the world, forming habits, developing their personality, and learning how to process information. It is obvious that the content of a large percent of television and media is inappropriate for children, but this is your decision and not what I want to share with you at this time.

Have you ever considered the physical effects of television or computer screens? What does a child do while watching television or operating a computer? The answer is nothing! Television (and often the computer) does not...

...allow a child to think logically or sequentially (the action jumps forward, backward and laterally)

...allow children to develop attention spans (the picture changes every four seconds)

...exercise fine or gross motor skills (the child is passively sitting and doing nothing)

...practice communication skills (TV does all the talking)

...learn to solve problems (TV does all the thinking)

...allow scanning eye movement, depth perception or three-dimensional

...use all five senses together (uses sight and hearing, what about taste, touch and feel?)

...challenge the child in any way or allow them to question

...allow the child explore the topic on his own

...provide imaginative or analytical thought

Television was introduced in the late 1950's. Since that time learning disabilities have become a serious problem with children, there seems to be an obvious connection in many areas.

Here are some tips from Adventist mothers on how to manage the television in your home:

1. Watch with your children, so it doesn't become a babysitter and so you can discuss it later.
2. Keep sessions short, 30 minutes or less.
3. Record programs so you can prescreen them and fast-forward through commercials or use videos.
4. Stop the program, do calisthenics or exercise outside and be sure to focus eyes in the distance every 30 minutes.

Endangered Minds, Why Children Don't Think and What We Can Do

by Jane Healy Ph.D.

"How television, video games and computers compromise children's ability to concentrate, absorb and analyze information."

Remote Controlled

J.L. Wheeler, published by R&H (ABC)

This Adventist author shows how we become prisoners of what we feed our mind. Media takes away our original thoughts and exposes us to secular things of this world drawing us away from God.

"Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence, and if anything worthy of praise, dwell on these things."
Phillippians 4:8

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