

# My Child's Media Diet

How much do you really know about your child's media use? Answer these questions and ask your child to fill out his/her own form. Then compare the two. You may be surprised by how little or how much they match!

1. On a typical day, approximately how much time does your child spend:

	Minutes	Hours	Don't Know
Watching TV			
Playing video games			
Listening to music			
Emailing or Instant Messaging			
Using a cell phone			
Surfing the Internet			
Reading for fun			

2. List three media activities your child does in his/her bedroom:

- 1.
- 2.
- 3.

3. Name your child's favorite media (if you don't know, leave the space blank):

TV show \_\_\_\_\_

Video game \_\_\_\_\_

Website \_\_\_\_\_

Movie \_\_\_\_\_

Music CD/group/song \_\_\_\_\_

4. Do you have any rules about your child's media use? (circle one)      YES      NO