

Media History

Please check one answer for each question. If the question does not apply to your family (ie, you do not own a computer or mobile device), leave that section blank.

Child's Name _____

Date _____

Television (including on mobile screens)

Does your child watch more than 1 to 2 hours of TV per day? Frequently Sometimes Never

Do you watch TV with your child or know what your child is watching? Frequently Sometimes Never

Do you discuss TV shows with your child? Frequently Sometimes Never

Does your child have a TV in his or her room? Yes No

Do you limit your child's watching of TV shows that often contain violence, sex, foul or explicit language, or images of tobacco or alcohol use? Frequently Sometimes Never

Do you have rules about when TV can be watched? Yes No

Do you allow your child to eat meals or snacks while watching TV? Yes No

Does your child ask you to buy products he or she sees advertised on TV? Frequently Sometimes Never

Movies and Videos

Do you allow your child to watch movies or videos that are R-rated? Frequently Sometimes Never

Do you read movie reviews to know the content of PG-13 movies? Frequently Sometimes Never

Does your child have nightmares or trouble sleeping after watching movies? Frequently Sometimes Never

How often does your child watch music videos on TV? Frequently Sometimes Never

Music

Are you familiar with the type of music your child listens to? Yes No

Have you talked to your child about lyrics that you object to? Yes No

Do you set limits on the types of music your child listens to? Yes No

Video Games (including handheld)

Are you familiar with the types of games your child plays? Yes No

Do you check a game's rating before you rent or buy it? Yes No

Do you allow your child to own or download games with violent content? Frequently Sometimes Never

Do you limit the number of hours your child plays these games? Frequently Sometimes Never

Internet (Web sites, including social networking sites accessible by computer and handheld devices)

Do you monitor Internet use? Frequently Sometimes Never

Does your child have a computer in his or her room? Yes No

Are you familiar with the types of Web sites your child visits? Yes No

Do you talk to your child about the best use of the Internet? Frequently Sometimes Never

Have you purchased blocking software that prevents your child from visiting inappropriate/pornographic Web sites? Yes No

Books

Do you read to your child or does your child read at least once a day? Yes No

Do you provide your child with a variety of reading materials? Yes No

Do you talk to your child about the books that you read together or that your child is reading on his or her own? Frequently Sometimes Never

Do you have any specific concerns about:

Your child's use of tobacco,
alcohol, or illicit drugs?

Yes

No

Your child's own sense of
body image or sexuality?

Yes

No

Displays of aggressive
behavior or use of foul
language?

Yes

No

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

American Academy
of Pediatrics



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