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Your Kids Watch Too Much TV?

A new study may shock you.

By KTRH's Scott Crowder

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The Kaiser Family Foundation says kids 8 to 18 spend nearly eight hours a day watching or listening to some type of media.

Harvard Dr. Michael Rich says there's cause for concern.

"We have now a significant body of evidence not just that their using media for this much time but that the media they're using have real and significant effects on their physical, mental and social health."

Dr. Rich says one of the biggest threats is obesity.

Elisabeth Donahue at futureofchildren.org is a mother of three.

"I have a teen and a tween and a 9-year-old, who doesn't have a phone. But my teen and tween do and they turn them in at night. So, there's no risk of them texting their friends late into the night. I know they're sleeping."

Donahue says don't just take the phone or iPod away -- create sensible rules to limit their use.

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