

Get Talking



Children love TV, Computers and iPads. How can they help encourage my child's talking ?

Learning language is an important skill for life. It takes two to talk- so talk to your child about what they are doing and they will learn even more

Choose suitable TV programmes:

Watch programmes your child will enjoy, and understand. Children will enjoy programmes that link to what they do in their everyday life.

Record programmes to watch together later:

If you want to watch a programme, record it so you can watch it together at a time that suits you and your child. Do press pause and talk about what is happening with your child.

Turn the TV off if it's not being watched:

If the TV is not being watched, turn it off! Background noise can be distracting, making it difficult to focus on more important sounds, like your voice



Watch and talk about what they are looking at:

Watch the programme together with your child. Talk about what is happening! Try copying ideas and games from the programme yourself and link them to things your child enjoys. Eg if they were watching a cooking game, talk about what they like to eat

Switch me off!



Research shows that children who watch too much television are more likely to have difficulty with reading and literacy skills

Encourage your child to choose games that you can play together on the computer or iPad:

Talk about the game together where possible. This helps bonding and interaction.



Encourage your child to involve you in their game:

If your child points to something exciting on the screen, share their enjoyment and talk about what they're looking at.

How long have you been playing?



Put a time limit on computer or iPad use:

Once the time is up, turn off the computer and play a different game together!

The recommendation is that children should have only 2 hours screen time a day and less for pre school children. Under 2 it should only be 30 minutes

Think about alternatives to TV:

Try sharing a book together! Try looking at <http://www.bookstart.org.uk/> for fun book ideas and events. Visit the library and choose a book together, or make up your own story.

