

Remember.....there are lots of things you can do that the television can't....

- **You** can make the TV a fun thing to do with your child
- **You** can talk about the programmes with your child at the right level for his understanding
- **You** and your child can act out exciting and enjoyable activities from the TV once it has been switched off.
- **You** can link the programmes to things your child is interested in
- **You** can respond when your child attempts to communicate or use words from the programmes.
- **You** can encourage your child to talk to other members of the family about their favourite programmes



For further information see:

- talktoyourbaby.org.uk
- talkingpiont.org.uk



Talking about Television

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Like adults, children sometimes need to relax and unwind by watching television. Used sensibly, television can be beneficial and provide valuable learning opportunities.

- ☺ Set a limit for your child's daily TV viewing time. This will give you time to do other things together.
- ☺ Only put the TV on to watch programmes/videos/DVDs which are designed for your child's age-group. Videos and DVDs can be particularly good as they can be played many times; the repetition and familiarity of words and phrases makes it easier for children to learn from them.

- ☺ Watch together when you can. You will be able to keep your child's attention on the programme, talk about what is happening and talk about what you have watched afterwards.



- ☺ Don't leave the TV on when it is not being watched. Background noise is distracting and makes talking and listening to each other difficult.

- ☺ Avoid putting a TV in a child's bedroom. You will have little control over what they watch, and for how long, and you will be encouraging them to spend long periods of time alone rather than being with the rest of the family. There is also the risk that your child will need to have the TV on before he can go to sleep.

