

Talk About...

making the most of screen time



Becoming a confident and chatty communicator is one of the most important skills your child will ever learn, but it doesn't happen by accident. From TVs to iPads and apps, screens are everywhere. When it comes to learning language, and the communication skills we need for getting along with others, what impact can screen time have and how can we use it with children? Our top tips give you ideas about how to support your child as they learn about language, and make the most of screen time.

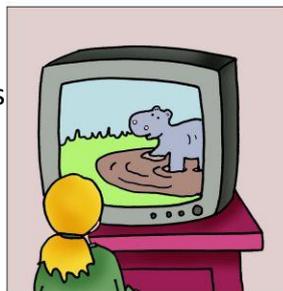
Find out more at:

www.talkaboutnorfolk.co.uk

We now know that children develop language through interacting with an adult who is talking to them face to face during fun play times and everyday routines. The best way for them to learn language is through YOU! TV and apps teach them less about language because the TV can't interact and engage back with the child.

High-quality educational programmes and games that have been designed for your child's age-group are better. The most suitable programmes and games for under-twos keep things simple and are less busy and fast paced. On TV this might be a single adult speaker. Three to five-year olds will benefit most from programmes that ask for verbal responses, and offer a balance between familiar and new content. Making sure that your child watches age-appropriate programmes can be difficult as an older brother or sister may dominate the remote control. If possible, try to set aside separate TV time for all siblings and for yourself.

These top tips are taken from literacytrust.org.uk and ican.org.uk



Top tips for watching TV or playing games together on your mobile device...

Talk about the characters.

Talk about the storyline of the programme and your favourite bits.

Act out the stories in your play.

Make up your own stories about the characters.

Use technology to keep in touch with relatives or friends. Email, send photos or Skype to keep in touch and use it as a chance to talk about what your child might want to talk about with them.

Have a family games tournament, giving lots of chances for fun and interaction.

Play 'name that tune' with film tracks, nursery rhymes or pop songs they will know. This is really good for developing listening skills.

Look together at the photos you've taken – can your child remember the story behind the photo? Photos can be a great way to learn the names of family and friends.

Remember you can visit our website www.talkaboutnorfolk.co.uk