



Published by Nottinghamshire Language for Life (2014)

[www.nottslanguageforlife.co.uk/Tip/9/tv-and-your-child](http://www.nottslanguageforlife.co.uk/Tip/9/tv-and-your-child)

Visit the site for further tips!

## Switch Off and Talk

There are so many electronic devices to distract us from talking to each other - phones, tablets, i-pads, PCs, laptops, games consoles, radio, TV and DVDs. Using these can be fun, BUT...

**Children also need lots of practise listening and talking to other people. This helps them develop good language and social skills.**

Young children find it hard to concentrate on more than two things at once. TV and other background noise make it hard for them to learn.



**You can help your child to develop good listening and talking skills if you...**

- Spend 'special time' with your child talking about what you are doing or have done that day.
- Spend time playing, reading, and singing together. This is a better way for young children to learn than electronic toys and games and cheaper as well!
- Turn off the TV and other distractions when you are playing or talking together. Turn off the TV if no one is watching.
- Cut down the amount of time your child spends on a screen.
- Budge up and talk! Find time to watch programmes and play electronic games together. Talking about programmes and games can help a child's language to develop and is better than them watching alone.
- Make sure that programmes, games and apps are recommended for children of your child's age.

**Did you know...** that the average 3-4 year old spends 27.5 hours each week watching TV, using the internet or playing electronic games? *Children and parents: media use and attitudes report (Ofcom: October 2013).*

Help reduce this to support your child's communication skills!

