Communication and Language Top Tips

Limit Screen Time

Children are social beings who learn best through interacting with the world around them. Babies and young children imitate the actions of the important people in their lives.

Use screens together, whenever possible.

Screen free time

- Create some time without screens.
- Turn the TV off, put your phone down, and chat with your child.
- Sing a song or play a game.

Scan the QR code or click the link to see the video: Tiny Happy People - Tips and advice for screen time with kids (bbc.co.uk)

Video calls

- For children under 2 use devices for video calls to friends and families.
- This helps children practice their early talking skills.

Scan the QR code or click the link to see the video: Ideas for games over video calls and tips for video calls - BBC Tiny Happy

Did you know…

The World Health Organisation (WHO) recommends:

- No screen time for children 0-2 years old.
- Up to 1 hour of screen time a day for children 2-4 years old.
- You should not use any technology for at least an hour before going to bed.

There are benefits to screen time!

- Have screen time together and talk about what you're doing.
- Remember to make time without screens.
- Set rules: Help children understand how and when screen time fits into their daily routine.

Make it meaningful

- Find information relating to your child's interests.
- Create an office or shop.
- Talk about what they see and point to.

Scan the QR code or click the link to see the video: At-Home Learning Activities for Parents of Young Children (brookespublishing.com)

Try to make screen time interactive

- Talk to your child about what they are doing.
- Encourage children to take photos and make videos. Use these to create stories about their day.

Scan the QR code or click the link to see the video: Can screen time be good for kids? BBC Tiny Happy People