

Managing and making best use of screen time

1. Try to limit daily tablet/TV time. For example: Tablet time is only for after lunch or as a reward or for 30 minutes.

Background noise from a screen can make it difficult for your child's attention and listening skills, which are important for language development.

2. Set time limits. For example: 'When the big hand gets to number 5' or 'When the cooker buzzer goes off, tablet time has finished'.

Remember to give your child a 2-minute warning that this is going to happen!

3. Decide which game your child is going to play and make sure it is right for their age. For example: CBeebies for a pre-school child.
4. Talking and playing together will help your child to learn new words. Talk about what is happening during the game.

For example: 'You're pushing the button and making Peppa Pig jump'.

5. Turn taking and two-way conversation is important too. To practice and develop this skill, ask your child to tell you how to play a game.
6. Put away all devices during mealtimes and bedtimes.

These are 'social hot spot times' when your child will benefit from sharing a conversation with you or enjoy listening to story/songs.

(tablets stimulate brains differently in the way that books don't do. So exciting games just before bedtime may not be a good idea).

7. Remember to be a good role model and limit your time on your smartphone/tablet too.

