

When the TV is off...



...See how much more your child is likely to talk when the TV is switched off.

...Quiet time is good for everyone!

What to do if you still have concerns that your child is not talking well for his/her age:

- Try not to feel anxious. All children develop differently.
- If your child is under five, speak to your Health Visitor. They can give you advice or direct you to a 'Play and Talk' session to speak informally with a Speech and Language Therapist.
- Contact Ealing Speech and Language Therapy service on:

020 8825 8856

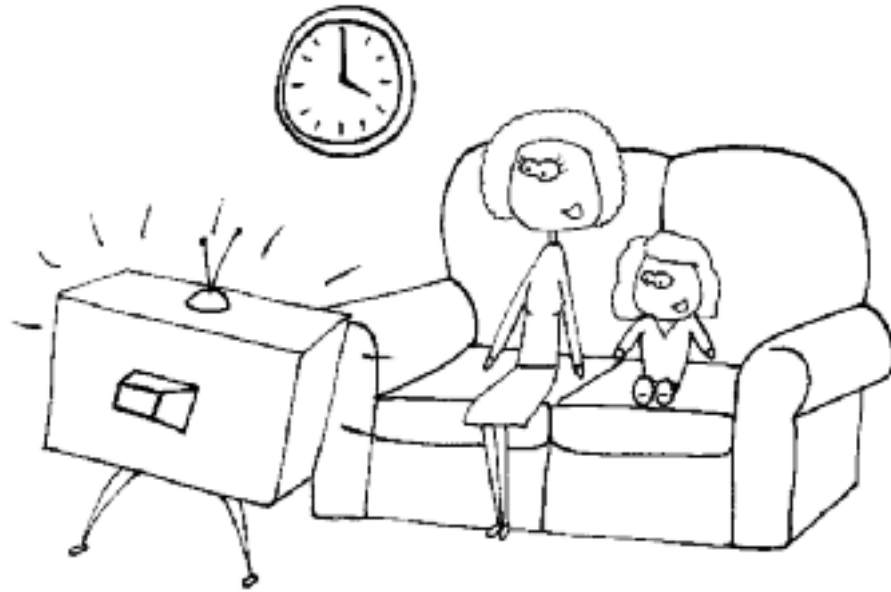
A health programme devised by NHS Southwark Speech and Language Therapy team



How to make the most of TV for your child

When you're not watching the TV... TURN IT OFF!

You and your child should not have to compete with the TV



Choose children's programmes that are designed for your child's age

Remember... some programmes are not suitable for young children. Be aware of what your child is exposed to.

Use TV watching as part of a routine

- have a set time of day for watching
- decide on which programme to watch
- try doing other activities as part of your daily routine (turn over for ideas)

Watch together

Talking + Sharing = Learning

When you watch TV together...

...Repeat new words
...Sing along with your child



...Talk about what's
happening on the TV

...Remember that children can
learn from watching the same
programmes again and again

...Enjoy yourselves!

Things to do instead of TV

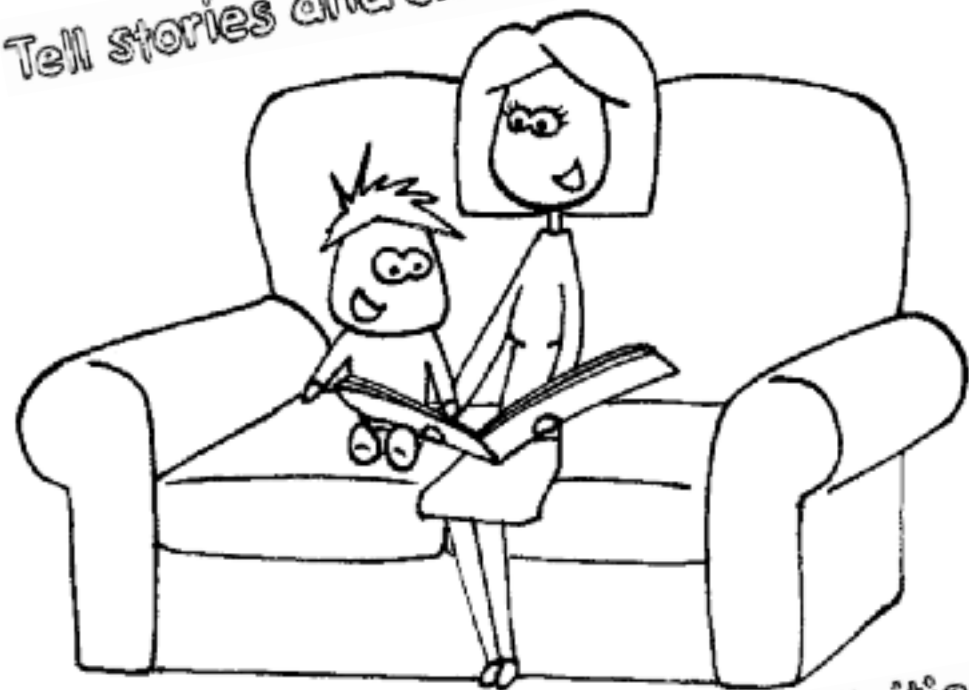
Take your child to Parent/Toddler groups
Contact your local Children's Centre office for details.



Play with your child
Turning the TV off will reduce distractions and give your child more chance to talk and play with you.

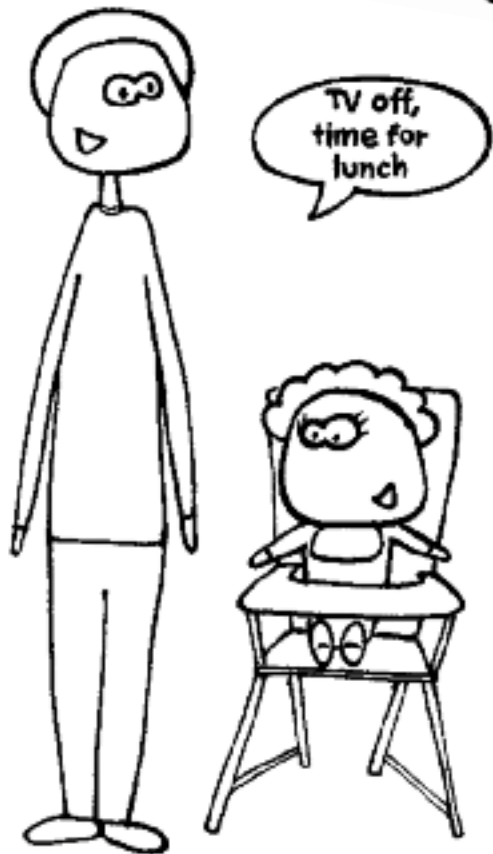
Sing songs
You can sing songs that your child enjoys from the TV.

Tell stories and share books



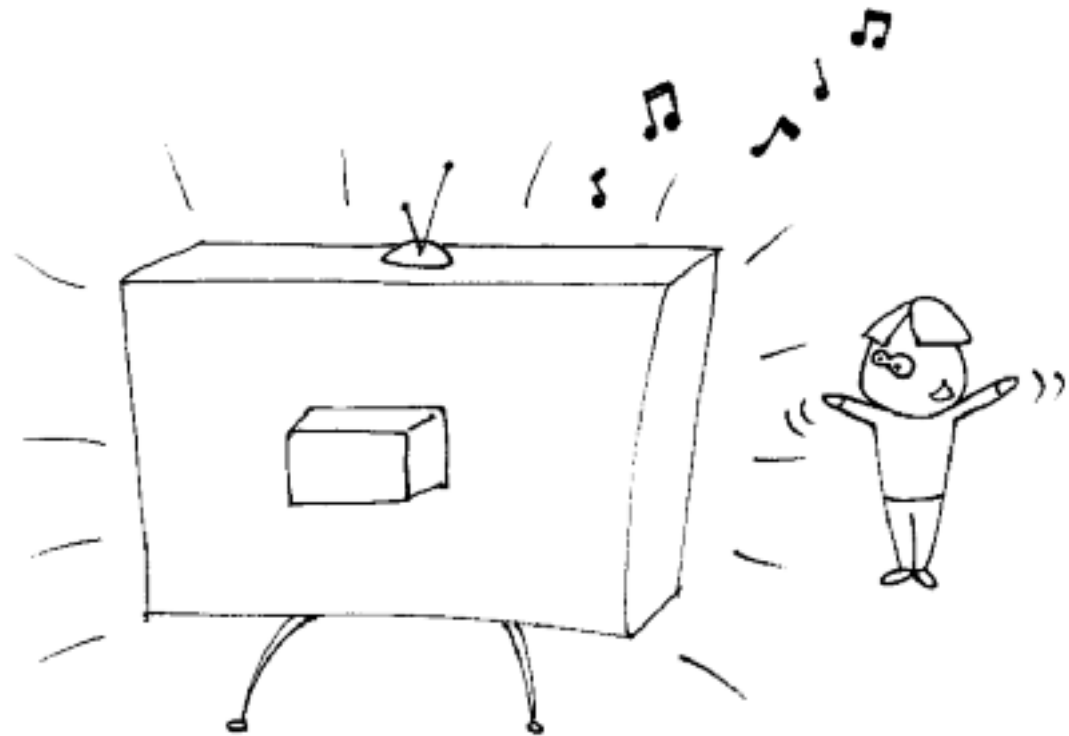
Involve your child in daily activities
E.g. Pack away the groceries, set the washing, set the dinner table.

Children under 2



- Limit viewing: ideally no more than 30 minutes a day
- Watching too much TV can get in the way of your child developing good listening and concentration for other things
- Talking to your child will help them learn far more than by watching TV

Age 2-5 years



- Limit viewing: ideally no more than 1 hour a day

Choose programmes that:

- Are designed for your child's age
- Use simple language and repetition
- Have opportunities for your child to respond
- Include songs and stories
- Have people using gestures