

## Screen Time

Lots of children enjoy watching TV, playing on tablets, mobile phones and computers. Screens provide easy entertainment and are now a part of all of our everyday lives. It is important to think about your child's day and divide it up to ensure they are given opportunities for other types of play as well as their screen time. Activities such as pretend play, socialising with friends, running around outside and looking at books are all very important.

Some children spend too long looking at screens at the expense of other play experiences. Play is an important part of language and learning development. It also helps children to form relationships with adults and other children.

### Advice

- ⇒ Try to limit your child's daily screen time to no more than 30 minutes for under 2's and an hour for 3-5 year olds.
- ⇒ Enjoy screen time together with your child. This means you can explain anything puzzling as it comes up and use it as an opportunity to spend time together.
- ⇒ Talk about what you have seen and turn the experience into something they can learn from.
- ⇒ Always turn off the TV when no one is watching. Constant background noise can be a distraction from listening, talking and playing together. This goes for tablets and phones too. Once the game has finished, turn it off.
- ⇒ Make sure to pre warn your child when their screen time is coming to an end. This will help prepare them for when the television is turned off or the tablet / phone is taken away.
- ⇒ Read a book, play a game or do a puzzle instead. You will be helping your child to develop language and might find it's more fun.

Don't feel guilty about sometimes bending these rules. We understand that as a parent, some days are busier than others.