

## Turn screen time into talking time

Mobile phones, tablets and TVs are part of modern life, but too much screen time can limit chances to talk and play with your child.

Children benefit from talking and playing with **you**.

- Use **toys instead of screens** – children have fun with you when you play with toys together, and this will help their talking skills.
- If your child uses a screen, then **join in** by talking about what you see on the screen; point to different things; and play using real objects as you watch.
- Choose programmes and games for your **child's age** or stage of development.
- **Link what your child is watching to their real life experiences.** For example, you could plan a trip to visit the farm or zoo to see the animals your child has seen on TV.
- **Turn it off!** Children find it easier to listen and pay attention to what you are saying and doing when there are no distracting screens; even when they are on in the background. Limit screen use by having a routine when your child can have screen time, e.g. 30 minutes before dinner.
- **Reduce your own use** of phones, tablets and TVs in front of your child as children like to copy adults at home, and they may pick up the same habits.

