

# TV & Screen Time

Did you know?

Phones and tablets are everywhere, and they are designed to grab our attention. Too much screen time - for both parents and children - can make it harder for children to develop the key skills they need to learn to communicate and connect to other people.

Research shows that high use of screen time can:

- impact speech & language development, affect focus and attention, make it harder for children to handle emotions and reduce active play.
- impact parents' ability to respond to and interact with their child to support their learning.



## Your child learns best from you

- Children learn best by sharing activities and fun with other people - this helps them develop their attention, language and communication.
- Notice if your child interacts with you more when you put your phone away and tune into what they are doing.

## Quiet time is learning time

- Distractions can affect concentration, especially in young children, as they can only focus on one thing.
- Try turning off the TV and other background noise when you are playing or doing things together.

What can I do?



## Making the most of screen time

- Watch your child's favourite programmes with them and talk about what you can both see.
- Experts say that children under 5 should not have more than one hour screen time a day (World Health Organisation, 2019)

