

Get Talking

Children love TV, Computers and iPads.

How can I use them to help encourage my child's talking ?

Learning language is a critical skill for life that all children need to learn.

It takes two to talk- talking to your child about what they are doing will stimulate this learning

Choose suitable TV programmes:

Watch programmes your child will enjoy & understand. Children will enjoy programmes that link to what they do in their everyday life.



Watch & talk about what they are looking at:

Watch the programme together with your child. Talk about what is happening! Try copying ideas and games from the programme yourself & link them to things your child enjoys.

Record programmes to watch together later:

If you want to watch a programme, record it so you can watch it together at a time that suits you & your child. Do press pause & talk about what is happening with your child.

Turn the TV off if it's not being watched:

If the TV is not being watched, turn it off. Background noise can be distracting, making it difficult to focus on talking.

Switch me off!



How long
have you
been playing?



Research shows that children who watch too much television are more likely to have difficulty with reading and literacy skills

Put a time limit on computer or iPad use:

Once the time is up, turn off the computer & play a different game together!

The recommendation is that children should have only 2 hours screen time a day & less for pre school children. Under 2, it is only 30 minutes

Encourage your child to involve you in their game:

If your child points to something exciting on the screen, (TV/ iPad or computer) share their enjoyment & talk about what they're interested in at that moment..



Talk about what they've seen: After playing a computer game or watching a programme, talk about what they were looking at & try to relate it to their actual environment, e.g. if they were playing a "screen" cooking game, talk about what they might cook/ eat.

Encourage your child to choose games that you can play together on the computer or iPad:

Talk about & play the game together whenever possible. This develops bonding and interaction.



Think about alternatives to TV:

Enjoy sharing a book together! Try looking at <http://www.bookstart.org.uk/> for great book ideas & events. Visit your local library & choose books together, or make up a story- your child will really enjoy this.

