

Watch children's TV with your child

TV can be good for young children's learning if you:

- Choose carefully what kind of TV they watch.
- Think about how much they watch.
- Make sure your child has other things to do as well.
- Watch chosen TV programmes with your child.

This will help because:

- Your child will enjoy sharing this time with you.
- Your child's looking and listening will be better if you talk about what you see together.
- Your child will understand more if you explain what is happening.
- Your child will hear the words over and over again.
- Your child can learn songs and rhymes with you.
- You can talk about what you saw together.

