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.