



Hawtonville Children's Centre
Bowbridge Road
Newark
NG24 4EG
Tel: number 01636 593580
website www.surestart.notts.nhs.uk

Switch Off and Talk Questionnaire

Talking face to face with our children, family and friends is important. This week, we are launching a campaign to encourage parents to 'switch' off distractions such as phones, tablets, TVs and games consoles and talk to their children.

We would appreciate it if you would complete the short questionnaire below about how much your child/children are exposed to screens. Please be as honest as you can—this is anonymous.

	never	Less than 1 hour a day	1-2 hours a day	3-5 hours a day	More than 5 hours a day
For how many hours each day is the TV on in your house?					
How many hours a day do you spend on your phone/ computer/ games console/ computer's?					
How many hours a day does your child spend watching TV/ on games consoles/ computers?					
How many hours a day do you spend playing with your child and talking about what you are doing?					
Please comment here on your views on the use of all types of electronic devises and young children.. Use the back of the questionnaire for more space!					
Thank-you for completing the questionnaire- please hand it to a member of staff.					

For ideas and guidance to reduce screen time please

- Read the attached leaflet
- look at the display boards for screen- free ideas!
- Talk to a member of the children's centre team

Did you know.....?

Children today spend more time with screens than in any activity other than sleeping.

The amount of TV viewing before the age of 3 has been associated with difficulties with reading and numbers at the age of 6.

