

Communication and Language Leaflet

May 2021

Focus this month:

Switch Off and Talk



talk



talk



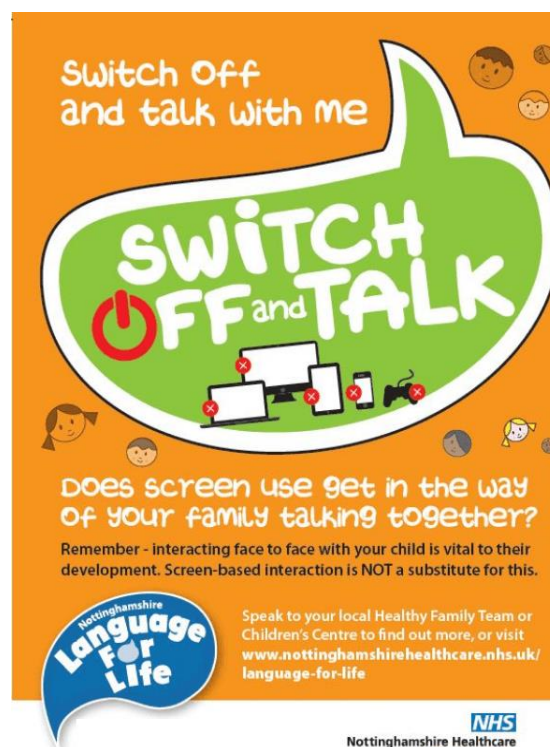
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Why is it important to switch off and talk?

Children find it hard to concentrate on more than one thing at once. TV and other background noise make it hard for them to concentrate and therefore to talk and learn.



Did you know...?

The average 3-4 year old spends 27.5 hours each week watching TV, using the internet or playing electronic games.

That 29% of babies under the age of 1 are watching TV and videos for an average of about 90 minutes. 64% of babies and toddlers between 1 year and 2 years are watching TV and videos, for an average of 2 hours a day.

Talking face to face with family and friends is important. By showing our children how to talk and make conversations we can help them do well at school, make friends - and get a good job later in life!

Extensive screen time is linked to lots of problems for children including childhood obesity, sleep disturbance, learning, attention, and social problems.

Developing children thrive when they are talked to, read to, and played with. They need time for hands-on creative play, physically active play, and give-and-take interactions with other children and adults.

Parents talk less to children when they are watching television together than when they are engaged in other activities. They talk less to children when television is on in the background as well.

You can help your child to develop good listening and talking skills if you...

1. Spend 'special time' with your child talking about what you are doing or have done that day.

2. Spend time playing, reading, and singing together. This is a better way for young children to learn than electronic toys and games and cheaper as well!

3. Turn off the TV and other distractions when you are playing together. Turn off the TV if no one is watching.

4. Cut down the amount of time your child spends on a screen. For under 2's, try to limit time using a screen to less than 30 minutes a day.

5. Budge up and talk! Find time to watch programmes and play electronic games together. Talking about programmes and games can help a child's language to develop and is better than them watching alone.

6. Make sure that programmes, games and apps are recommended for children of your child's age.

Screen-Free Activities

Complete a Puzzle Find a puzzle you have at home and see if you can complete it by yourself.	Junk Modelling Make a 3D model using clean recyclables.	Send Some Post Draw a picture or write to a friend or family member.	Learn a New Skill Master a new skill, like tying a shoelace or doing up your own buttons.	Go on a Shape Hunt Look around your home to see how many 2D and 3D shapes you can find.	Be an Artist Draw or paint a picture of something you can see in your home.
Get Baking Choose a recipe of something you like to eat. Take care to measure out the ingredients and follow the recipe.	Study Nature Look out the window, or go in the garden if you can. Draw or write about what you can see. Are there any animals or birds?	Learn a Nursery Rhyme Try to learn a new nursery rhyme.	Be a Reader Keep reading anything you can. You can read books, magazines or even cereal packets.	Make Up a Dance Choose some music to listen to and make up your own dance to it.	Make Your Own Small World Set up a small world with figures, building blocks and your own trees and buildings made from paper and card.
Make Your Own Phone Find some yoghurt pots and string. Make your own telephone.	Building Block Challenge Using just 10, 20 or 30 small building blocks, see how many different creations you can make.	Eat Your Colours With help from an adult, cut up fruit and vegetables into pieces. Arrange them on a plate, like a picture, and enjoy eating the different colours.	Memory Game Collect ten small objects from around the house and put them on a tray. Take away one object and guess what is missing.	Make a Musical Instrument Fill a clean, empty yoghurt pot with dried beans and stick a piece of paper to the top. You have made a shaker.	Play a Board Game Choose a board game from home and play it with your family.

SWITCH OFF AND TALK FAMILY CHALLENGE

Can you turn off ALL your screens for 15 minutes or more each day?

Have a family competition and see who can get the most stickers or ticks. Chat about what activities you could do together. Use the chart and start the challenge today. Who will get the most stickers/ticks?

Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Score