

WATCH THEN OFF!!!

Televisions are great entertainment. They give lots of information and provide great fun.

We get used to having it on all the time. To adults this is a way of life.

We have learned to do other things when the TV is on.

We can talk, eat and clean and hardly notice it is on.

But babies and young children find it very hard to learn to talk and listen when there is a lot of background noise.

- Young children cannot separate your voice from the sounds on the TV
- They can only concentrate on 1 sound at a time.
- They will look at the pictures on the TV and will not be able to listen to you.
- They will “switch off” .
- When they go to school this means they will find it very hard to listen to the teacher and will not be able to learn.
- Having the TV on all the time has long term effects on baby’s ability to learn and to talk.

Start to have “quiet times” or “special times” every day when the TV and radio and CD is off and your baby or toddler can learn how special YOUR voice is. You’ll both find it easier to concentrate and play.

It is a good time to look at books together.

It is a good time to get on the floor and play together.

You’ll find, above all, that it’s special and FUN!

Try to get into the habit of watching TV and then switching it OFF!

When your child is watching TV try to watch with them and talk about it.

Children can learn lots of things from TV, but YOU are the best teacher and too much TV does harm.