

You, Me, and the TV

How to use screen time as a tool

- Children over the age of two can have a total of 1-2 hours of screen time per day
- Screen time includes anything with a screen: television, cell phone, iPad, tablet, computer...etc
- It is suggested that you pre-watch the shows/apps/computer games...etc that you will be sharing with your child to ensure that you are comfortable with the content
- Consider watching DVD options versus television to avoid commercial advertising
- Choose educational options that are also entertaining, rather than entertaining options that lack an educational aspect
- During screen time use, be engaged with your child; sit with your child, hold them or snuggle them be physically present with them
- Encourage discussion with your child about what they are seeing/doing/hearing
- Be critical with your child about the media content. Teach your child that not everything in media has to be true or believable
- Give your child a chance to respond to you, ask open ended questions and then give your child an opportunity to respond or to attempt to respond
- Discuss these experiences later on in the day – reflect on aspects of the screen time your child enjoyed or aspects that they may have found frustrating or confusing
- Follow your child's lead, if your child is no longer interested during their allotted screen time, continue onto a new activity

Presented by the York Region Early Literacy Specialists

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