

How much television should my child watch?



Facts about watching television

Good quality programmes that are age-appropriate can help children to learn. However, research has shown that watching too much television can affect your child's development of listening, attention, language, reading, writing and social skills. This could cause them difficulties when they start school.

Children should only watch a little bit of TV everyday:

- *Children under age 2 should only watch up to 30 minutes of TV every day.*
- *Children aged 2-5 years should only watch up to one hour of TV every day.*



Children find it difficult to listen when there is noise in the background. Leaving the TV on a lot of the time affects a child's development of attention. They may find it difficult to concentrate even if they are not watching it. Turn the TV off when your child has finished watching their programme.

Children will get the most out of TV if you watch it with them and talk about it together.



Some ideas to reduce the time spent watching television



- Listen to music and story CD's – it entertains the children and helps them to develop listening skills.
- Try to spend time with children of a similar age by asking friends to come round. Join local sessions such as carer and toddler groups or library sessions. For local groups ask at your local Children's Centre or visit www.netmums.com
- Set up a small special space full of favourite toys and books to entertain your child while you do your housework. Encourage your children to help you.



- Set time aside to look at books together and have a quiet time.



Ways to make the most of television time

- Watch the TV together so you can talk about what's happening
- Let your children watch age-appropriate programmes only. Give each of your children separate TV times if this is possible.
- Record favourite programmes to watch them again and again – repetition helps children learn.
- Try to watch adult programmes when your children have gone to bed.

Age appropriate programmes

Appropriate ages according to the following website:
www.bbc.co.uk/cbeebies/grownups/about/programmes
pbskids.org

Age 2+	In the Night Garden Finley the fire engine Barney and friends Teletubbies	Little Red Tractor Something Special Make way for Noddy
Age 3+	Charlie and Lola Underground Ernie Dora the Explorer	Curious George Razzle Dazzle Clifford the Big Red Dog
Age 4+	Space Pirates Reading Rainbow Jackanory Junior	Numberjacks Dragon Tales



**If you have any questions please contact the Speech and Language
Therapy Department on 01902 444363**