

Screen Time



Speech & Language Therapy Service
#banter4bairns

Things to consider:

- Too much screen time can be harmful – current recommendations are no more than **half an hour for under twos and no more than an hour for 3-5s**
- If no one is really watching – turn the TV off! Constant background noise can affect Attention and listening skills.
- Limit your child to viewing only those programmes recommended for their age.
- Let them watch the same programmes over and over – the repetition of the same vocabulary will help them learn and remember.
- Watch programmes together so you can talk about them and incorporate themes into playtime.
- Don't put a TV in a child's bedroom – you won't be able to limit screen time or see what they are watching.
- Be mindful of setting an example – adults who are always on their phones/tablets/ watching TV miss out on what's happening and children will only learn to copy that behaviour.
- Watching screens before bedtime can affect sleep quality.

Watch this 

<http://www.wordsforlife.org.uk/tips-technology-with-0-3-year-olds>



You can call our **Advice Line** for more information
Thursdays between 10am and 12noon
East Fife: 01592 717569 West Fife: 01592 645234



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