

## TV time

### Why watch together?

It's the perfect opportunity to interact and chat!

Talking about TV shows helps build speech & language skills.

### How to make TV time helpful: 5 quick tips

#### 1. Press pause and talk

"I can't believe that happened!", "I think the princess made the right choice!"

Pausing the TV turns screen time into talk time – share reactions, opinions and build language together!

#### 2. Keep it short and sweet

Watch one or two programmes together, then move on to something new.

Brief, shared viewing keeps the energy (and conversation) flowing.

#### 3. Now time for a natter!

"The monkey slipping on the banana was my favourite bit! How about you?"

A quick post-telly chat helps children stretch their language skills.

#### 4. Telly detectives

"Who do you think did it?", "Why?", "What do you think's going to happen!"

Grab your magnifying glass and make your predictions - what wild twist, reveal or exciting moment might come next?

#### 5. Spotlight those speech sounds!

"Look, a deer!", "That dog's digging - he's dirty!",  
"That dolphin is fast!"

Does your child struggle to say specific sounds in words? Tune in their ears by commenting on things on TV starting with these sounds!

