

Making the most of television

Like adults, young children sometimes feel tired or stressed and want to relax by watching television. Used in the right way, television can be beneficial. But too much can be harmful, so it's important to find the right balance.

- Try to limit your child's daily TV time to no more than half an hour for under-twos and an hour for three to five-year-olds. This will give your child time for important activities like playing.
- Always turn off the TV when no one is watching because constant background noise can distract you and your children from playing, listening and talking to each other.
- Try to limit your child's viewing to programmes that have been designed for her age-group.
- Allow your child to watch the same video or DVD again and again. This can be better than television as the repetition and familiarity of words and phrases make it easier for children to learn from them.
- Don't put a television in your child's bedroom. This gives you less control over what and how much television he watches. If your child does have a TV in his room, make sure it is closely monitored.
- Try to watch TV or videos together so you can talk about what happens.

儘量利用電視

如成年人一樣，年幼孩子有時感到疲倦或緊張而想看電視使身心得以鬆弛。只要適當地使用，電視倒是有益的。不過，看得太多會有害處，所以均衡地使用是重要的。

- 儘量限制你孩子日常看電視的時間，兩歲以下不可超過半小時，三至五歲不可超過一小時。這樣你的孩子有時間做重要的活動，例如遊戲。
- 每當果沒有人看電視，便把它關掉，因為當你和你的孩子遊戲、傾聽和談話時候，連續的背景聲音會使你們分心。
- 儘量限制你的孩子只可以看為其年齡製作的電視節目。
- 讓你的孩子再三地看同一卷錄影帶或 DVD 碟。這比看電視更佳，因為重複和熟悉的字彙和片語使孩子更容易學習。
- 切勿在孩子的臥室放置電視機。這樣會限制你能夠控制孩子看多少電視節目。如果孩子的臥室放了電視機，確保要密切地加以檢視。
- 儘量一起看電視或錄影帶，這樣你可以談談其中的情節。



© Posy Simmonds