

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.



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Faa'iidada telefiishanka

Sida dadka waaweyn oo kale, ilmuhu way daalaan waxayna dooni karaan inay nastaan iyagoo fiirsanaya telefiishanka. Haddii qaab habboon loo isticmaalo, telefiishanka waa laga faa'iidayaan karaa. Laakiin telefiishan badan dhaawac ayuu leeyahay, marka waa inaad isku dheellitirtaa.

- Isku day inaad daawashada TV-ga ku koobtid wax aan ka badnayn nus-saac ilmaha ka yar laba sano, iyo ilaa hal saac ilmaha jira saddex ilaa shan sano. Waqtigaasi waxa uu ilmaha siinayaa inay ku qabtaan ciyaaro muhiim u ah korriinkooda.
- Markii aan qof daawanayn iska dami TV-ga sababtoo ah dhawaqa joogtada ah waxa uu idinka leexin karaa inaad adiga iyo ilmuhu wada ciyaartaan, is dhagaysataan aadna wada hadashaan.
- Isku day inaad xadidaad ku samaysid daawashada ilmaha ee barnaamijyada ku sar go'an da'da ilmahaaga.
- U oggolow ilmaha inay fiirsadaan cajalad ama DVD isku mid ah si ku celcelis ah. Taasi ayaa ka faa'iido badan telefiishanka sababtoo ah ku celceliska iyo la-qabsiga erayada waxay ka caawiyaan inay bartaan.
- Telefiishan ha dhigin qolka hurdada ee ilmaha. Taasi waxay keenaysaa in aadan xaddidi karin waxa iyo waqtiga uu ilmuhu telefiishanka fiirsanayo. Haddii telefiishan yaalo qolka hurdada ilmaha ku dadaal inaad la socotid.
- Isku day inaad cajaladaha iyo TV-ga wada daawataan si aad uga wada sheekaysataan waxa dhacaya.

Quick tips may be photocopied. For more information visit www.talktoyourbaby.org.uk
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