

# TV Tips!

**T**URN IT OFF: If the TV is not being watched, turn it off. This reduces background noise and doesn't distract your child from playing or talking.

**E**NJOY TOGETHER: Try and watch TV and films together. This way you can talk about what happens.

**L**IMIT: Try and limit your child's daily TV to about 30 minutes for under 2's and 1 hour for 3-5 year olds. Limit what your child watches to programmes aimed at their age group.

**E**NTERTAIN: Let your child watch the same programmes or films over and over again. Repetition helps children learn familiar words and phrases.