



Wingrove Primary School

Why you must limit your child's screen time?

British Psychological Society warns that,

“Too much screen time for young children can cause permanent damage to their developing brains.”

Too much screen time will stop your child being able to:

- concentrate;
- listen carefully;
- communicate properly;
- build a wide vocabulary.

Scientists now know that screen time creates a change in brain chemistry. The brain releases a chemical called dopamine. This drug causes addiction.

The research says too much screen time results in poor mental health.

Too much screen time will slow down a child's educational development.

Tablets and similar screens before bedtime will cause sleep disruption due to the 'blue light' they give off.

What are the recommendations?

Apple's Steve Jobs didn't allow his children to play with iPads at all.

Taiwanese parents are now legally obligated to monitor their children's screen time.

The French government have banned digital terrestrial TV aimed at all children under three.

Dr Larry Rosen, psychology professor suggests a limit of 40 minutes with long breaks in between.

Children between **2 and 5 years old** should have no more than **one hour of screen time a day**.

Children and young people between the ages of **5 and 18** should **have no more than 2 hours of screen** time a day.

Scientists recommend that children under two years of age **should not** be in front of a screen **at all**.

You must monitor what your children are watching at all times.



What can we do?

Set a time limit with your children and stick to it.

Remember – between **2 and 5 years = 1 hour or less**

between **5 and 18 years = 2 hours or less**

Make sure you build in breaks between each session.

Set a good example and turn off your own devices.

Agree a special family-time activity to replace screen time.

Explain the reasons for the new rules.

Create a 'boredom buster' list.

Ban screens from the bedroom.

Ban screens for around two hours before bedtime.

What can we do? continued

Use screens to stop screen time. Online, there are plenty of art projects, cooking tips, gardening, science experiments etc. that they can do with you.

Dr Aric Sigman is a famous, world renowned scientist who has carried out years of research into this area.

He talks about 'the gift of boredom' as this can encourage our children to be more creative with their time.

Expect you children to complain at first but be strong and stick to the plan.

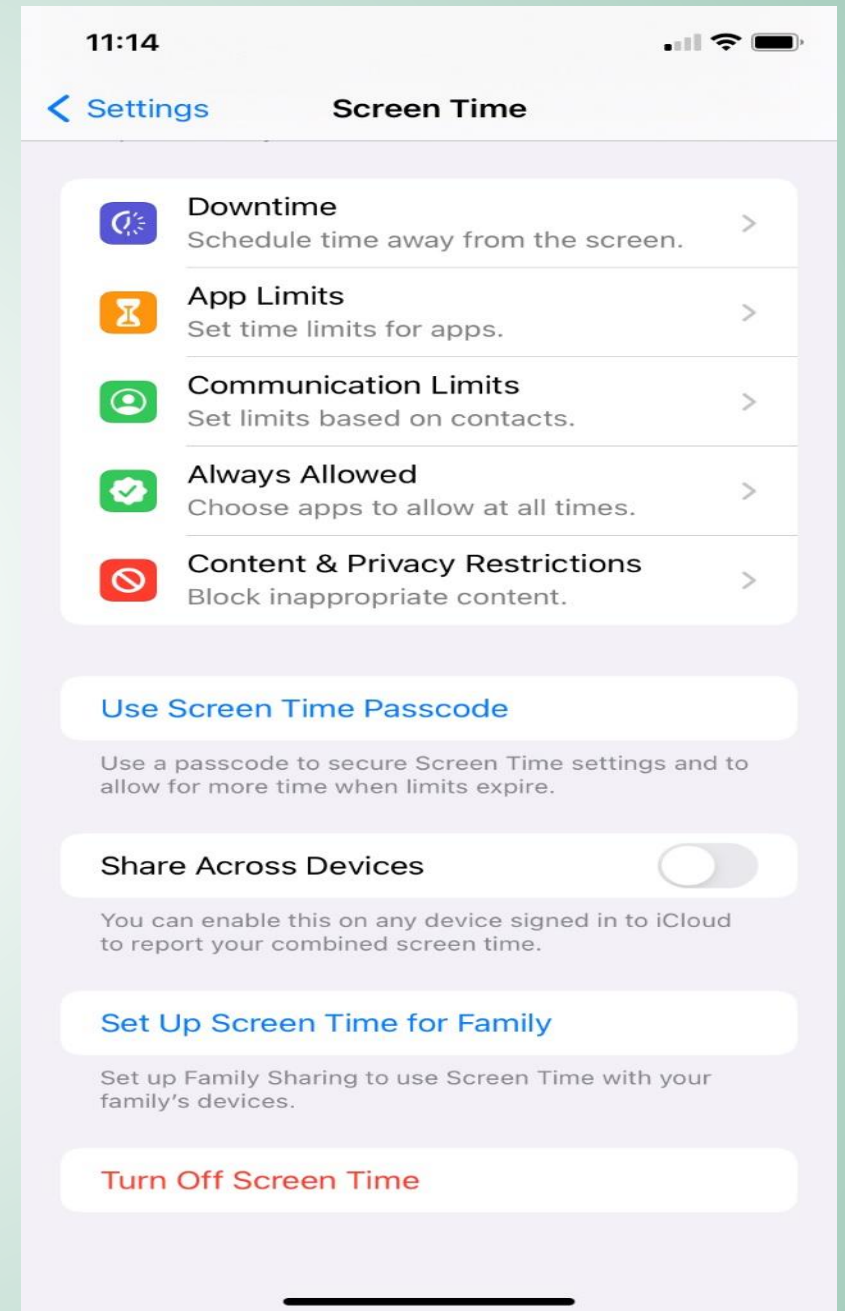
<https://youtu.be/ssCdYVhD-qg>

Apple devices


- ▶ Tap the Settings button on your home screen



- ▶ Tap the Screen Time menu option



Screen Time Timetable



	1	2	3	4		All screens off one hour before bedtime	Bed time
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



Why talking to your child is so important?

Researchers, Betty Hart and Todd Risley went into the homes of forty two families, over a period of four years, recording the conversations the families were having.

When they looked at their data they found that those children who hadn't been talked to very much had a vocabulary gap of 30 million words fewer than those children whose parents and carers chatted to them all the time.

Conversation has a visible effect on brain development.

Two-way conversations are the key.



What can we do?

Talking with your child doesn't mean that you should do all of the talking! Pause and wait for your child to send you messages.

When it's your turn to talk, talk about what interests your child. By following your child's lead, you let them know that you are interested in what they have to say. That will help keep them engaged in the conversation.

Encourage your children to talk about what they are thinking or feeling.

Build on what your child is telling you and show your interest by saying things like 'Tell me more about ...', 'Really!' and 'Go on ...'.

Repeat or rephrase what your child has said from time to time. This lets your child know you're listening and helps you check what your child is saying.

Try not to jump in, cut your child off, or finish sentences – even when your child says something strange or is having trouble finding words.

Don't rush into problem-solving. Your child might just want you to listen, and to feel that their feelings and point of view matter.

Why is reading with your child so important?

All the research has proved that:

- ▶ reading a minimum of 20 minutes a day allows children's vocabulary to grow, exposing them to at least 1.8 million words a year;
- ▶ children who read books regularly will gain higher results in GCSE subjects;
- ▶ reading improves social skills and social understanding;
- ▶ reading improves mental health;
- ▶ reading will improve your child's ability to succeed later in life through better job opportunities.

Helping your child to read

We are going to begin by sharing a short video from Little Wandle.

It is important that you use the letter sounds (phonemes) NOT the letter names.

Now we are going to blend some words together.

Each week your child will be given a phonically decodable book and a reading for pleasure book.

We are going to look at the sort of things you can do when reading or looking at this book.





Do you have any questions?

