

# Ten point plan for parents with pre-schoolers at TV time



To help parents plan their involvement:

1. If you let your child watch TV, watch it with them (as much as possible).
2. It's really important to always remember that children need quiet time where you turn off background noise and have time just to play. This is really important for listening and language development.
3. When you do watch programmes make sure they're at the right level for your child – not too complicated or for older children (CBeebies for example is good for 2-4 year olds).
4. Have fun and encourage your child to really engage with the programme. Join in with your child if there are familiar songs or rhymes– each episode of **Raa Raa The Noisy Lion** includes the 4 R's (Rhyme, Rhythm, Repetition and Retelling), which provides a good opportunity for you to participate with your child.
5. Make TV time 'communication' time. Briefly comment on what's happening in a programme to spark off a conversation or highlight something that's happening i.e. 'Look at Raa Raa – he's hiding'.
6. Be sure to answer any questions children may ask – they might have lots! And talk about the programme afterwards – which bit they liked best and why. Tell them what you think.
7. Pretend games are fantastic for children's language and communication development. Why not make believe you're in a jungle - make a den with an old blanket across a couple of chairs, use soft toys as the animals. You could even act out one of the adventures from shows like **Raa Raa The Noisy Lion** that you've just watched with your child adding in their imagination to create a whole new story.
8. Remember not to put pressure on your children and give them the opportunity to communicate with you. Get down to their level and give them time to listen as well as talk.
9. The most important thing for children is adults who listen and talk with them, alongside stimulating experiences and materials that give them opportunities to interact and play. Too much TV can get in the way of this, so it's important to try and get the right balance.
10. For more information, visit [www.raaraathenoisylion.com](http://www.raaraathenoisylion.com). If you are at all concerned about your child's communication development, log onto [www.talkingpoint.org.uk](http://www.talkingpoint.org.uk).

