

Making the most of TV

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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Vaata koos lapsega televiisorit

Väikesed lapsed tahavad väsinuna mõnikord lihtsalt televiisorit vaadata. Vanemaga koos teleri vaatamine võib beebile isegi kasulik olla. Kuid mitte liiga kaua – see on kahjulik. Erinevate tegevuste vahel tuleb leida tasakaal.

- Ära luba alla kaheaastasel lapsel päevas üle poole tunni televiisorit vaadata. Kolme- kuni viieaastane võib telerit vaadata umbes tunni. Nii jääb lapsel ka mängimiseks aega.
- Lülita alati televiisor välja, kui keegi seda ei vaata. Pidevad taustahelid võivad teie mängu häirida ning teil rääkimist ja teineteise kuulamist segada.
- Lase lapsel ainult temavanustele mõeldud saateid vaadata.
- Luba lapsel üht ja sama videot või DVD-d ikka ja jälle vaadata. See on parem kui televiisori vaatamine, sest tuntud sõnade ja fraaside kordamine võimaldab need paremini selgeks õppida.
- Ära pane televiisorit lapse magamistuppa, sest nii on raske kontrollida, kui palju ja mida ta vaatab. Kui teler on siiski lapse toas, kontrolli, mida ta teeb.
- Vaata televiisorit või videoid koos lapsega ja seleta talle, mis ekraanil toimub.