

MAKE PLAY THE PRIORITY

Part Four: Screen Time



Make sure you have already watched Part One, Two and Three of this course! This week we are focusing on **Screen Time** and these are some things I would like you to consider when creating play opportunities for your young children this week..

I am not here to tell you not to use screens with children, I use them! But over the Summer holidays and during lockdown you may feel like it got out of control and trust me you're not the only one! But there are some things we can do to gain control!

- Use tv as a tool for example I use it as a tool for entertaining kids when making breakfast etc we all use it for downtime and its not surprising kids want to as well. Remember when they are watching TV, it's about quality over quantity. What are they consuming?

- Taking screen time off its pedestal, how often have you said 'do this and then you can watch tv?' Yep me too! We're all guilty of it! It makes tv the ultimate goal, as in the other stuff is a lower priority. We want to change that.

- We want play to be the priority so we need to compete and make it irresistible to them. So having an activity ready for when they wake can be effective and 'leaving' it somewhere for them to discover for themselves!

- Remember I said about having some tricks up your sleeve? This is when it's useful. Have items and toys to hand you can grab, don't need to lay it out like an Instagram post, your just taking a moment to entice them to want to play!

- Make screen time manageable, you are the parent, sometimes you have to pick your battles! Tips- put tv at key times of the day and using a visual timetable so they know when its coming, limit length of times, and give plenty of warning etc not having tv on in background when playing as it is a distraction!