

Watching TV

Watching television with mom or dad is cozy and safe. Talking about what you watch together is educational. Your child will have difficulties to understand many of the things on television. As a parent you must help and explain things. Only then watching television becomes educational.

Tips:

- Do not watch whatever is on but choose together with your child what to watch. And turn the television off when the show is finished.
- Try to watch television together with your child as much as possible, so you know what your child experiences.
- Do not give your child a television set in her/his bedroom. If you do, you will lose control over what your child watches.
- Children who watch television before going to school, perform less than children who do not.
- Watching too much television can result in too little exercise and overweight.
- Make sure that you, as a parent, control what is being watched. Make sure that your child does not switch on the television set and is confronted with programs that are not suited for her/him.
- If your child is playing happily, do not interrupt her/him to watch television. You can always record it and watch it later.
- Watch together with your child and talk about what she/he sees. That is a good memory exercise and your child learns to express itself in her/his own words.
- If you have doubts about a specific program, record it and watch it yourself first.
- Play a video more than once. In this way, your baby or toddler knows what is going to come. That builds self confidence. Little children love endless repeats. They also will find every time something new.
- Show your disapproval of violence by stating it clearly every time something violent happens on screen.
- Young children can be easily scared by what they see. Scary monsters and violence can leave a big impression on little ones.

Do you recognize this? Do you want to talk about it? Feel free to contact me.

Of course you can always contact me for other education-related questions. You can also mail or call me.

Until next time,

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