



Learning At Home Activity

Age: Multi-age

Family TV Time: Talking, Interacting, and Recalling

Instructions:

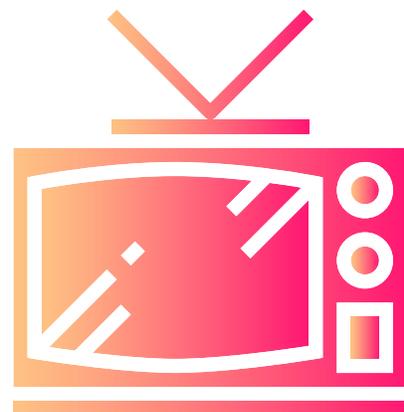
1. Be intentional about what and how much your children watch. Look into age-appropriate TV channels, DVDs and online videos. Select a program with the TVY rating for children ages 2-6.
2. The best shows include songs, games, and themes your child can relate to. Includes a simple plot similar to a story. Use simple visual images that move slowly. Encourage talking, problem solving, and movement.
3. Choose a short show under 30 minutes; follow the prompts that the characters offer. Often these are words to repeat or objects to find. Pause show to engage your child in exploration and conversations.
4. For older children, engage them by asking, "where are they going? Why is the character sad?"
5. Label familiar objects that appear on screen.
6. After the show is over, turn off the TV. It is best to watch intentionally. Grab a book after viewing, choosing a book with a similar theme to the show. This help children recall details and make connections.

How to extend activity:

Prerecord shows and play them at times when the content relates to real life. For example, play a show about going to visit the doctor before or after your child's doctor visit.

Materials:

- Television or Videos
- Toy remote control or another toy with buttons
- Baskets of 3 or 4 age appropriate books including one wordless book



What they learn:

Movement: Many programs include movements, which opens the door for them to use their muscles.

Language: Using open ended questions to discuss what you just watched helps children recall details and develop conversation skills.

***Children cannot yet sit through an entire program, so singing, dancing, moving, talking, and playing helps children to stay engaged.**