

Let's... Watch TV together



Let's try...

- joining in with the movements and songs, copying the moves and dances
- watching a cooking or craft programme then making it together afterwards
- pausing the programme and talking about what's happening, what might happen next, how the characters are feeling and how it makes them feel
- playing the same DVD again and again so they become familiar with the words and phrases

Why try this?

- children remember the fun experience they have with you and this helps build strong relationships and happy memories
- talking, singing and making up stories helps develop your child's imagination and language
- routine and being consistent helps your child to feel secure and stay safe
- spending time outside is important for your child's health and well-being



**Bournemouth SureStart
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