

# Illustration 10

## Technology poster

**Knowing the challenges and benefits of technology will help you give your child the best opportunities to learn to listen and to interact.**

**Join in!** You can help them learn much more effectively by joining in with what they play. Look for interactive games that you can both play and talk about what you are watching together.

**Be a good model.** Children learn best through imitation so make sure you show them what you want them to do. When they talk to you make sure you look up from your phone or laptop so they know you are listening.

**Manage screen time.** Treat technology as you would any other environment a child spends time in. Adults should be in charge of how long children spend looking at a screen.

**No-screen bedrooms.** Tired children find it hard to listen and learn. You can help get a better night's sleep by making bedrooms a no-screen zone and making the last hour before bed time a time for listening to stories and talking rather than watching a screen.

**Be aware of background noise.** Noise from the television, radio or electronic games can really get in the way. If you are not watching it or listening to devices then turning them off will help make it a better environment for children to learn to listen.

