

Childminder Update – Spring 1

Less Screen, More Play!

Calling all childminders! Did you know that parents of under-fives in England are going to be offered official advice on how long their children should spend watching TV or looking at computer screens?

The government is expected to publish its first guidance on screen time for the age group in April. It comes as government research was published, showing that about 98% of children under two were watching screens on a daily basis - with parents, teachers and nursery staff saying youngsters were finding it harder to hold conversations or concentrate on learning.

Children with the highest screen time - around five hours a day - reportedly could say significantly fewer words than those at the other end of the scale who watched for around 44 minutes. Does this resonate with you?

Read more about this research, plans and how you can support your parents [here!](#)



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Here are some top tips from 'CBeebies Parenting' to make the most of screen time.

- Let your child take photos
- Use screens together
- Watch the right content
- Play games on the CBeebies Learn App
- Make video calls to family & friends.
- Press pause- children need repetition to help them learn. You can pause what they're watching to help them take it all in.

For more tips and advice click [here](#).

Developing vocabulary in your setting...

Are you looking for strategies and activities to support the development of vocabulary? Research tells us that focusing on language and communication is especially important for young children and will support the development of a range of early literacy skills, as well as their wider knowledge and understanding. In addition, developing communication and language is linked to other important outcomes including children's self-regulation, socio-emotional development, and reasoning. A wide range of activities can be used in the home environment to develop communication and language including shared reading. Click [here](#) to read more information.

