

MAKING THE MOST OF SCREEN TIME



Teamwork Therapies
Building better lives together



Managing your child's screen time can be a challenge. We recommend following your pediatrician's recommendations for daily screen time, however we understand that screen time is a part of our every day lives. There are many ways we can utilize screen time to be an engaging and learning-rich time! Here are some tips and tricks to help maximize your child's screen time and incorporate strategies to further your child's development!

Encouraging speech and language during screen time


Watch with your child! Being present and talking about what you are watching is another way to make screen time more interactive. You can have your child describe what they were watching.



Act it out! A fun way to tell the story is by incorporating movement and imagination. Retell the story of what you watched by getting into character and describing the scene!

Ask questions! Incorporate questions about who was in the story, where did they go, why might they have done something. Ask questions about their opinions and favorite parts.



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