Words grow minds,

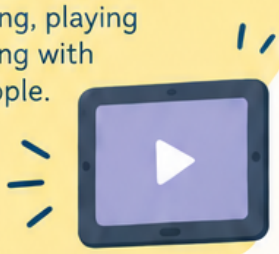
Children learn to talk by talking.

They learn by listening, answering questions, chatting and telling stories.



Screens can reduce talking time.

Time spent watching screens can mean less time talking, playing and reading with other people.



This is important for young children.

Preschool and young school-age children are learning lots of new words and ways to talk.



Background TV can get in the way.

Even if a child isn't watching, TV in the background can mean less talking and playing.



Watching together is better.

Talking about what they are watching helps children learn new words and ideas.





Watching isn't the same as talking.

A child can hear lots of words on a screen without having to use those words themselves.



Apps are not the same as talking to people.

Children learn language best when another person listens and responds to them.



Sleep matters too.

Screen time, especially before bed, can make it harder for some children to sleep. Good sleep helps children learn and communicate.



Reading together helps a lot.

Books teach children new words, and talking about the story helps them practise using language.



What they watch matters, not just how long.

It also matters whether they watch alone, watch with someone, and what they could be doing instead.

