



## Resources

### American Academy of Pediatrics

([www.aap.org](http://www.aap.org))

Information about physical, mental, and social health for all

### Common Sense Media

([www.commonsensemedia.org](http://www.commonsensemedia.org))

Nonprofit organization to help kids and families learn about and from technology and media

### Public Broadcasting Service

([www.pbskids.com](http://www.pbskids.com))

Appropriate programming for young children to learn

### Regional Center of Orange County

([www.rcocdd.com](http://www.rcocdd.com))

Private nonprofit organization which serves and supports people with developmental disabilities in Orange County. Contact RCOC for more information and a free assessment

### Sesame Workshop

([www.sesameworkshop.org](http://www.sesameworkshop.org))

Appropriate programming for young children to learn

## Positive Parenting Tips

To help promote healthy language development, you can:

### Infant (Birth to 1 year)

- Use eye contact when speaking to your child
- Use different patterns and tones when speaking
- Talk to your child during everyday activities (while cooking, playing, walking at the park)
- Practice simple actions such as clapping and dancing to songs

### Toddler (1 to 3 years)

- Point out and name objects in the environment
- Use gestures along with words
- Pair sounds with words and meanings (A cow is an animal. It says "moo")
- Label objects and explain what you do with them
- Talk, sing, and read to your child every day. Ask questions about what was read

### Preschool (3 to 5 years)

- Take your child to the local library for book readings and activities
- Make picture cards and work on sorting them by categories or matching similar pictures
- Ask questions that require more than yes/no answers
- Pair using a child-word (mum mum) with an adult word (milk)
- Introduce new vocabulary words and point it out whenever you see it
- Play word games. Give your child a definition (You drink from it) and ask what word it could be



## Screen Time and Your Preschooler

### Language Development



## Screen Time Recommendations

**The American Academy of Pediatrics recommends the following:**

- You should avoid screen time for children younger than 18 months old
- You can begin introducing media to children 18-24 months old
- You can allow up to 1 hour per day for children 2-5 years old. Only allow high quality programming such as Sesame Street or PBS

Watch along with your child to monitor what they watch and help apply what they see. Ask questions about what they are seeing and apply it to your home life

### What is Language?

Language can be verbal and nonverbal. Young children use language to share their thoughts, ask questions, request things, and interact with others.

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*Children learn language most successfully during face-to-face interactions.*

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#### *Verbal Language:*

Refers to communication using words. This includes knowing what words mean, putting words together to form a meaningful sentence, and knowing what to say in different situations.

#### *Nonverbal Language:*

Refers to communicating without using words. This includes understanding and using gestures (pointing, shrugging), eye contact, facial expressions, body posture, tone of voice, and social cues.



### Why is Language Important?

We use language every day to communicate with others. Language makes it easy for your child to make friends, build relationships, share ideas, and express themselves.

Early childhood language delays are linked to academic difficulties.

Children from bilingual homes can think more flexibly, understand math better, use logic more easily, and have strong problem solving skills.

### How does Screen Time Affect Language Development?

Too much or inappropriate (e.g., mature content) screen time can be harmful to your child.

Background television tends to decrease the amount of language spoken at home which decreases how much language your child hears.

Watching videos may teach your child vocabulary but screen time does not require your child to speak.