

Families are
Children's
First
Teachers

**Watch children's television or movies
WITH your children!**

By watching with your children, you can help them understand better, pay closer attention, and think and learn while they watch.

For Babies & Toddlers:

Talking with family members in your home language is far more important than watching TV for the very young child. The American Academy of Pediatrics cautions parents to avoid having babies and toddlers watch television or DVDs. **If you do decide to have the television on with your baby, be sure that you are nearby to talk with him. Describe what's happening and respond to whatever interests your child.** "Do you see the blue dog? He's looking for a bone, isn't he?" **And, limit the amount of time your baby or toddler spends watching children's television or movies so that he can have lots of time playing and talking with you!**

For Preschoolers:

Choose programs and movies that are made for preschool children. You don't want them to be frightened or exposed to material that is beyond their understanding. **Watch with your child. Talk with her about the program. Ask questions. Guess what will happen next. Talk about your favorite characters. Relate what you're watching to your family's life.** You can talk about the commercials, too! Remind your children that companies are trying to sell something and make money. Help your child to understand your family's values and budget and to be a critical consumer.



Download the "**Families are Children's First Teachers**" materials and related documents at www.newmexicokids.org under the Caregivers & Educators tab.



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When Watching Children's Television or Movies Together

Learning Opportunities Include:

- Developing secure relationships
- Showing curiosity
- Communicating ideas and feelings