



Language Express and the Ontario Early Years Centre Want You to GET DOWN AND PLAY!

Get down and play with your children. It sounds simple but it's one of the most important things parents and caregivers can do to give their children a good start in life.

The brains of babies, toddlers and young children are wired to learn from playing and talking with real people. They can't learn from TV, videos, and apps. Children who spend lots of time playing, talking, and looking at books with the important adults in their lives have better language skills and fewer behaviour and attention problems than children who spend less time playing and more time with screens. Pediatricians recommend no screen time at all for children under 2 years of age, no more than ½ hour per day for 2-3 year olds, and no more than one hour per day of supervised screen time for children from 3-5.

Language Express and the Ontario Early Years Centres of Lanark, Leeds, and Grenville are encouraging parents and caregivers to make a Family Day resolution to get down and play more. Follow these simple steps:

1. **UNPLUG.** Turn off the TV, computer and phone.
2. **GET DOWN** to your child's level so you can see each other's eyes.
3. **PLAY!** Actively participate in what your child is doing. Have fun!

Need some ideas? Try blocks, books, crayons and paper, play dough, toy cars, peek-a-boo, hide and seek, or a walk around the block. Talk with your child while you play. For more ideas, check out the Language Express website at www.language-express.ca.