



# Television Policy

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## Purpose of the Policy

At Little Wildflowers Childminding, I recognize the role of television as a source of entertainment and relaxation for children. However, it is crucial to limit screen time to ensure that children engage in a variety of activities that promote their social, cognitive, and physical development. This Television Policy outlines how and when television, films, and videos are used in my childcare setting.

## Television Viewing Guidelines

Television viewing is carefully regulated to ensure it complements the children's daily routines without dominating their time. The specific guidelines are as follows:

**Morning Snack Session:** A short television session is allowed during morning snack. This period provides children with a quiet time to rest and digest their food, preparing them for the day's activities.

**After School Pick-Up:** Another short session is permitted after the school pick-up. This time allows older children to relax, recharge, and enjoy a healthy snack before engaging in other activities.

## Flexibility for Illness

If a child is feeling unwell and requires more rest, it may be appropriate for them to watch additional television that day. This ensures they have a restful and comforting environment while recuperating.

## Content Appropriateness

I ensure that all television programs, films, and videos viewed are suitable for all children in my care. Content is carefully selected to be age-appropriate and educational whenever possible. If a child wishes to bring content from home, I request that parents check with me first to confirm its appropriateness for younger viewers.

## Impact of Television on Development

Recent research highlights the potential negative effects of excessive television watching on children's development. It can impact their social and communication skills due to the lack of interaction and fast-paced nature of TV programs, which can lead to boredom and frustration with the slower pace of traditional learning environments.

## Encouraging Diverse Activities

To foster well-rounded development, I encourage children to participate in a variety of activities beyond television. These include outdoor play, reading, arts and crafts, and interactive games, all of which support their physical, social, and cognitive growth.