Keep singing, talking, cuddling and sharing stories with your little one you are already doing it.

Children's brains grow and learn starting right from birth. They learn best hearing loving words in any language. Especially from their parents, relatives and grandparents!

Using screens can reduce the time you spend face-to-face with your child. It can affect your child's ability to pay attention, listen, speak, read and write.

Try to limit screen time.



Set healthy screen time habits for your family

Kids copy the adults in their lives. If you are always looking at a screen, they will want to, too.

You can:

- Set family habits for when, why, and how long you'll use a screen.
- Turn off the device when the show or game ends.
- Try putting away your device during mealtimes or playtime with your child.





When kids are using screens, be involved.

You can:

- Connect what is happening on the screen to real life.
- Ask questions.
- Talk about what you see and how the characters feel.



Fondation pour

des enfants

l'alphabétisation



Choose kid-friendly content

Try to pick programs or apps that:

- Are made for your child's age group
- Have specific learning goals
- Are interactive and involve creative activities
- Have people or characters who talk to each other



Explore ways to support learning Inuktitut

Do you want to help your kids learn Inuktitut? Visit: childrensliteracy.ca/NunavutFamilyResources for some great online resources!







