



Did you know ?

Young children between the ages of 0 and 5 are particularly vulnerable: exposure to screens can have adverse effects that last into adulthood.

Take advantage of different times in which to interact!

Take a moment to look into your child's eyes, make a funny face, and wait for their reaction.

Take turns repeating this and laugh together!

Sing a nursery rhyme a few times a day: while getting dressed, during car rides, while preparing dinner, during bath time, etc.

Have fun playing around with your voice!

Switch roles and ask your child to read/tell you a story.

Express your interest... even if you have to exaggerate your reactions!



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Groupe de Travail Montréalien
Orthophonie et développement du langage