

The Ultimate Communications Device

The ultimate communications device for your child is not the internet, phone or gaming device – it is YOU. How you interact and communicate together in the home and out and about really makes a difference. The *Hello* campaign has devised *Talk Tips* to complement BT's Communications Diet plan (www.bt.com/balance).



BT's Communications Diet	<i>Hello</i> Talk Tips for Parents / Carers
<p><u>Be aware</u> Understand how you and your family are using technology.</p>	<p>You play a vital role in supporting your child's communication development. Good communication skills are key to achieving well-being. If a child struggles with communication, they struggle with life.</p> <p>Make sure you know how communication typically develops at different ages and stages so you can support your child and identify if they are struggling.</p> <p>Log onto <i>Talking Point</i> www.talkingpoint.org.uk to check the progress of your child.</p>
<p><u>Location, location, location</u> Think about where technology is located in the home.</p>	<p>What you do at home matters for children and young people's communication development. Build in routines for communication and conversation – be it when you sit down to have dinner or when you watch your favourite TV show as a family.</p> <p>Remember to listen as well as talk and respond when your child takes the initiative to start a conversation. Embrace the opportunities that technology offers your family to play and learn from each other.</p> <p>Download the <i>Hello</i> top tips for turning technology into a communication opportunity for young children. www.hello.org.uk/latest-news/latest-news.aspx</p>
<p><u>Have rules</u> Set some boundaries about how, when and where technology is used.</p>	<p>Children and young people never stop learning the rules of social interaction. They will learn this by watching and interacting with you and other adults.</p> <p>Teenagers need to learn how to adapt their communication in different situations. For example talking to friends is different to talking in an interview.</p> <p>A fantastic new resource <i>Talk Gym</i> is launching later this month. It will help young people strengthen their communication skills and learn more about being clear, listening well, talking in groups and being interviewed. www.btplc.com/talkgym</p>

<p><u>Education</u> Be a good example: teach and demonstrate the importance of balance in the way technology is used.</p>	<p>Language is the vehicle for learning and education. It's easy to take it for granted. You are your child's number 1 teacher and role model in this area.</p> <p>Educating yourself will help children understand the fundamental importance of communication for learning and life. Log onto the <i>Hello</i> website to find out more www.hello.org.uk</p>
<p><u>Find your balance</u> Find a healthy balance for you so you are in control of technology and make the most all forms of communication</p>	<p>Technology is here to stay and you shouldn't feel guilty about using it. It provides us with a wonderful opportunity to learn and share more with our children. Problem solving and strategic thinking games are great to talk about as a family.</p> <p>Take positive steps to make sure quality family time takes place regularly without interruptions. In this time enjoy rich conversations, tell stories, listen to each other and have fun together.</p> <p>Download the <i>Hello</i> top tips leaflet for communication www.hello.org.uk/resources/resources/top-tips-leaflet.aspx</p>