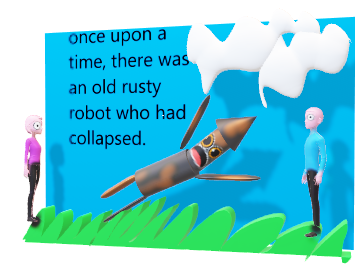
**Advice Sheet**

**Skype / Telephone conversations with children**

* Very small children rarely engage in lengthy conversations and questioning them about their daily activities even such as ‘what have you done today?’ can be misinterpreted by either the child or other parent as prying. Small children genuinely cannot remember.
* Keep conversations short - if you try and prolong the conversation and the child becomes bored they will not want to speak on the phone. Recognise that the child has had enough when they go quiet.
* Even if a Skype conversation may have to be a certain length of time, for e.g. 20 minutes, this can be shorter.
* You could do activities with your child to try and make the phone call fun and interesting.
* Agree a time for the call and generally stick to it but with some flexibility .

Here are some examples:-

* + - Tell the child about your day, e.g. tell the child a funny/interesting story about your day. This can be something you have seen on TV or on the radio but do not appear to “boast” about how great your life is without them (this is especially true as the child gets older)
    - Homework , e.g. doing their spellings; times tables; the child reading to you. This is a very important part of parenting. It also shares the burden of homework between the parents.
    - With a bit of imagination It is possible to play games such as
      * + snakes and ladders;
        + eye spy;
        + 20 questions;
        + I went to the market…’.
        + Noughts and Crosses
    - Read a story to your child, they can take the phone to bed and it can be part of a bedtime routine.

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