

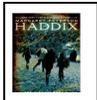
# Books Are Good Medicine

## Suggestions For Upper Elementary, 10-12 years:

Electronic media is everywhere: TV, videos, Internet. Parents want what's best for their kids and often wonder, "How much is healthy?" **Here's what we know:**

- \* "Boredom" is not a disease. Quite the contrary, it inspires kids to harness their imagination and create their own fun – including diving into a good book.
- \* Though effective, electronic media as a "babysitter" weakens a child's ability to entertain his/herself, and subtracts from time available for **active** learning or play.
- \* Passive media is addictive. Consistent, **enforced** limits are very important.
- \* Inappropriate and excessive media exposure are associated with obesity, poor sleep quality, antisocial behavior, delayed reading skills, behavioral problems including ADHD, and under-achievement in school and at home.
- \* Kids who read consistently – **at least 20 minutes per day**, for fun not homework - are more likely to have a positive view of reading, with improved school performance, attention span, and imagination. Talk about books together!

### "Prescriptions" That Are Kind of New:



**Found (Missing #1) – Margaret Peterson Haddix.**  
A brother & sister, the FBI, and suspense from a master.



**The Mysterious Benedict Society – Trenton Stewart.**  
A group of kids use unique gifts to solve a big mystery.

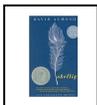


**The Lightning Thief – Rick Riordan.**  
Percy Jackson finds himself in a battle of Greek gods.

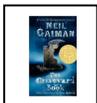
### And a Healthy Dose Tried And True:



**Blubber – Judy Blume.**  
5<sup>th</sup> grade Jill learns the perils of going with the crowd.



**Skellig – David Almond.**  
A 10 year-old boy finds a winged stranger in his garage.



**The Graveyard Book – Neil Gaiman.**  
Witty, scary, fun adventure of a boy raised by ghosts.



**The Monster's Ring: Magic Shop #1 – Bruce Coville.**  
A small, bullied boy buys a magic monster ring.



**The Secret Garden – Frances Hodgson Burnett.**  
A secret garden transforms the lives of orphan cousins.

### American Academy of Pediatrics Media Use Guidelines:

\* **Discourage ANY television/video viewing for children younger than 2 years, and encourage activities that promote proper brain development, such as talking, playing, singing, and reading together.**

\* **Older children should have a limit on entertainment media time of 1-2 hours of quality educational programming per day.**

\* **At any age, watching together is best. Parents should be good role models and limit their own viewing.**

\* **Children's bedrooms should be "electronic media-free zones," with no TV, computer, or game systems.**

\* **Media-reduction strategies include not watching while eating or doing homework, and encouraging fun activities like reading, puzzles, art projects, or playing outdoors.**