

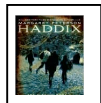
Books Are Good Medicine

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.

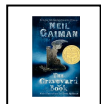
And a Healthy Dose Tried And True:



Blubber – Judy Blume.
5th 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.**