

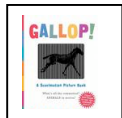
# Books Are Good Medicine

## Suggestions For Toddlers, 18-36 months:

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:**

- \* Though effective, passive media as a "babysitter" or calming device weakens a child's ability to soothe and entertain his/herself. It is also addictive, too often a source of power struggles. Clear, consistent, **enforced** limits are very important.
- \* Despite their cost, no "educational" programs or electronic toys marketed for young children have been shown to be effective. They may even be harmful.
- \* Early and excessive media exposure are associated with obesity, poor sleep quality, language delay, and behavioral problems including ADHD.
- \* Kids read to consistently – **at least 20 minutes per day is recommended** - are more likely to be readers themselves, with improved school performance, attention span, imagination, and caregiver relationships.
- \* Reading to a child is one of the best ways to show that you love them!

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



**Gallop! - Rufus Butler Seder.**  
Who needs videos with this amazing "animated" book?

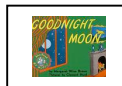


**The Everything Book – Denise Fleming.**  
The title says it all: words, numbers, poems, fun!



**Tails – Matthew Van Fleet.**  
Interactive book celebrating animals and their tails.

### And a Healthy Dose Tried And True:



**Goodnight Moon – Margaret Wise Brown.**  
A classic rhyming bedtime story to read over and over.



**Barnyard Dance! – Sandra Boynton.**  
A rollicking, rhyming square dance fun to sing aloud.



**Chicka Chicka Boom Boom – Bill Martin Jr.**  
A jazzy rhyme climb up the alphabet tree.



**The Very Hungry Caterpillar - Eric Carle.**  
A caterpillar munches through the week, finding wings.



**I Am A Bunny - Ole Risom/Richard Scarry.**  
A sweet story of a bunny through the seasons.

### 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.**