

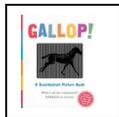
Books Are Good Medicine

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!

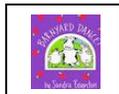


Tails – Matthew Van Fleet.
Interactive book celebrating animals and their tails.

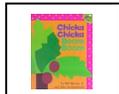
And a Healthy Dose Tried And True:



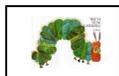
Goodnight Moon – Margaret Wise Brown.
A classic rhyming bedtime story to read over and over.



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.**