

# Books Are Good Medicine

## Suggestions For Preschool, 3-6 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:**

- \* Electronic media is passive. Optimal child development is an **active** process.
- \* Though effective, electronic media as a "babysitter" or calming device weakens a child's ability to entertain and soothe his/herself. It is also addictive, often the source of power struggles. Clear, consistent, **enforced** limits are very important.
- \* Inappropriate and excessive media exposure are associated with obesity, poor sleep quality, antisocial behavior, delayed reading skills, behavior problems including ADHD, and under-performance in school and at home.
- \* Kids read to/with 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/with a child is one of the best ways to show that you love them!

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



**My Friend is Sad (Elephant & Piggie) – Mo Willems.**  
Feelings, fun, and friendship with Elephant and Piggie.

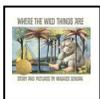


**The Lion and the Mouse – Jerry Pinkney.**  
Award-winning, gorgeous retelling of this classic story.



**Skippyjon Jones Series – Judy Schachner**  
Closet + cat who thinks he's a dog = adventure!

### And a Healthy Dose Tried And True:



**Where the Wild Things Are – Maurice Sendak.**  
A classic journey of imagination – claws, roars, eyes...



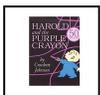
**George and Martha – James Marshall.**  
Short, sweet, funny stories about hippo best friends.



**The Lorax – Dr. Seuss.**  
Save the planet and share hope with the good Doctor.



**Aesop's Fables – Aesop.**  
A collection of familiar, classic tales, each with a moral.



**Harold and the Purple Crayon – Crockett Johnson**  
The timeless adventure of a boy and his purple crayon.

### 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.**