

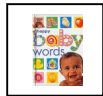
Books Are Good Medicine

Suggestions For Infants, 0-18 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:**

- * Electronic media is passive, stealing precious time better spent exploring the real world and interacting with real people.
- * 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 (<2 y/o) media exposure is associated with obesity, poor sleep quality, delayed language development, 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, 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:



Happy Baby Words – Roger Priddy.
Colorful pictures, perfect for pointing and babbling.



Busy Doggies – John Schindel/Beverly Sparks.
Funny pictures of baby's best friends –doggies!

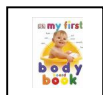


That's Not My Bear – Its Nose Is Too Rough.
Babies love to touch and feel – one of a sweet series.

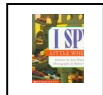
And a Healthy Dose Tried And True:



Black On White – Tana Hoban.
For new babies – simple, sweet, no words but yours.



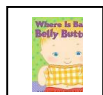
My First Body Board Book – DK.
Babies love pictures of babies. Where's your nose?



I Spy Little Wheels – Jean Marzollo/Walter Wick.
Riddles and pictures. Cars, trucks, motorcycles...



Goodnight Gorilla – Peggy Rathman.
Few words, bright pictures, and a gorilla on the loose



Where is Baby's Belly Button? – Karen Katz
Bright pictures of a peek-a-boo baby.

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.**

* **More information: www.AAP.org**