

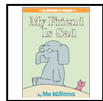
Books Are Good Medicine

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.**