

# Books Are Good Medicine

Suggestions For Early Elementary, 6-9 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:**

- \* "Boredom" is not a disease. Quite the contrary, it inspires kids to harness their imagination and create their own fun – including diving into a good book.
- \* Though effective, passive media as a "babysitter" weakens a child's ability to entertain his/herself, and subtracts from time available for **active** learning or play.
- \* Passive media is addictive. Consistent, **enforced** limits are very important.
- \* Inappropriate and excessive media exposure are associated with obesity, poor sleep quality, antisocial behavior, delayed reading skills, behavioral 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.

## "Prescriptions" That Are Kind of New:



**Magic in the Outfield (Sluggers #1) – Bildner&Long.**  
Travelin' Nine baseball team on the road in Cincinnati.



**Ruby the Red Fairy (Rainbow #1) – Daisy Meadows.**  
Seven fairy sisters save Fairlyland from Jack Frost.



**Miss Daisy Is Crazy! Weird School #1 - Dan Gutman**  
A popular series about a wacky, mixed-up school.

## And a Healthy Dose Tried And True:



**Charlotte's Web – E.B. White.**  
Timeless story of friendship and believing in yourself.



**Where the Sidewalk Ends – Shel Silverstein.**  
A wild and wooly collection of poetry and mischief.



**Magic Tree House #1: Dinosaurs... - Mary Osborne.**  
Jack and Annie's page-turning trip back in time.



**Fantastic Mr. Fox – Roald Dahl.**  
A cunning fox outsmarts a village to help his family.



**Grimm's Fairy Tales – The Brother's Grimm.**  
Classic tales from the masters to enchant, and inspire.

## 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.**