

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.

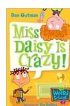
"Prescriptions" That Are Kind of New:



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 Brothers Grimm.
Classic tales from the masters to enchant and inspire.



Support provided by Dr. John Hutton and blue manatee children's bookstore.

American Academy of Pediatrics Electronic Media 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