

Take a look, it's in a book

An OSF pediatrics expert is reminding people, especially kids, about the benefits of reading for fun, not just when it's required

ANCHOR LEDE

With kids out of school, parents should have a plan to avoid the "summer slide" knowledge loss. One way: have kids read for fun, not just when it's required.

TAKE VO

Emily Isom is a certified medical assistant in pediatrics at OSF HealthCare. She suggests:

- Let your child pick the book, but give them options that are fun and light. Save the books on heavier topics for when they get older.
- Make books available throughout your home. Place books on shelves or nightstands in bedrooms, living rooms and playrooms.
- Let kids see you read.
- Read with your child.
- Create a reward system for reading.

SOT

Emily Isom (EYE-some)
OSF HealthCare

"If kids read on a regular basis, it's going to sharpen their mind. It's going to help them excel in academics. It's going to give them a more open mind to the world. It's going to help with memory." (:18)

VO TAG

We live in a digital world where some people read on electronic devices like a Kindle. Is that OK, or should you stick to paper books?

Isom says e-readers are fine since it's not a constant scroll like social media.