

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

SOT

Emily Isom (EYE-some)

certified medical assistant in pediatrics at OSF HealthCare

"Kids are being introduced to technology early. COVID was one of the reasons. Kids did schoolwork on their devices. That turns into using technology throughout the day. They get attached and addicted to scrolling and swiping. It's glued to their hands." (:38)

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"It's hard for a kid to focus on a reading assignment in school because they are so used to quick swipes on their device." (:08)

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"Anxiety is also a big concern. I see this in older kids. Bullying online causes a lot of anxiety. There's social pressure. They want to be not left out. Who's texting me? What's going on online? Am I going to miss this party? Is there something going on I should be involved in? They focus on this instead of schoolwork." (:45)

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"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)

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"Reading for fun [not just when it's required for school] helps you find things you're interested in. You might find a book you had no idea about. You open the book and realize 'I like reading. I like this genre. This is different and cool.' Then you keep reading. You want to learn more. It's like being on the edge of your seat with a movie you can't stop watching. It brings happiness. It's almost magical." (:37)

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"I can't stress that enough. Reading with your child is going to get them to read more. When you're with them, showing them words and interacting with them, you're challenging their brain. Kids love that. They say, 'Hey mom, can we read this book tonight?' Next thing you know, it becomes a habit. It's a nightly thing." (:32)