

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

RUN TIME - :47

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. Tim Ditman of OSF HealthCare has more.

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Emily Isom is a certified medical assistant in pediatrics at OSF. 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)**

I'm Tim Ditman.

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ANCHOR 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.