Today’s piece is prepared by Ariana Witkin, MD, based on a New York Times article, NYT: Is E-Reading to Your Toddler Story Time, or Simply Screen Time?

http://www.nytimes.com/2014/10/12/us/is-e-reading-to-your-toddler-story-time-or-simply-screen-time.html?\_r=0

The author questions whether digital books offer the same developmental benefits as their hard-copy cousins. While it has been well established that reading books with children frequently and from an early age offers language and social development advantages, such associations haven’t been studied in depth with digital media. The American Academy of Pediatrics (AAP) strongly recommends no screen time for children under 2 years of age, and less than two hours per day for older children. What happens when these recommendations are in conflict?

While there is a paucity of evidence on the developmental impact of reading from a screen, one thing appears certain: What is most important is the dynamic interaction between the reader and the child. The article suggests we can’t draw definitive conclusions about the effects of digital media on learning because these devices are so new and cites a variety of studies that suggest children ages 3-5, when compared to those read to from hard-copy books, those read to from e-books develop lower reading comprehension. These studies suggest that the device itself causes a distraction.

The article is persuasive in relating to its audience that e-books may not confer all of the developmental benefits of hard books. While it uses scientific studies to build its argument, it lacks commenting on the parenting and interaction piece that is so vital to promoting development.

**RESOURCES FOR PARENTS ON READING, LITERACY & SCREEN-TIME:**

American Academy of Pediatrics <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx> *Media and children*

Seattle Public Library <http://www.spl.org/audiences/children> *Story time calendar*

Links via Dr. Zinner’s website

<https://depts.washington.edu/dbpeds/Resources> > Literacy/Reading

*A variety of tools to assist in book access and reading enhancement*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!