

Reading Comprehension

2.07 Caption May I?

If your child asks to watch a favorite show or movie, try adding some reading practice to the mix. Here are some ideas:

- Turn on the subtitles using the closed captioning feature. It is almost impossible to not read along with the dialogue!
- If he knows a DVD movie by heart, have him pick a foreign language for the spoken dialogue and turn on the English subtitles. He will hear a new language while he brushes up on reading in English!
- Encourage him to read the book on which a favorite film was based. Often the book is better because it has more details or character development.



Parent To Parent

Remember to limit the amount of time your child spends in front of any kind of screen (television, video game, or computer). Try limiting television and video games to ten hours or less each week. Some families allow an hour of screen time for every hour spent reading.

Brain research shows that the more time a child spends in front of a screen, the more his brain neurons are conditioned to use electronic media.

