

Raising Readers™

Resolution #2 for 2020

I will unplug
and read.

Goal: Turn off your device and read
with your child 20 minutes a day.*

It doesn't have to be all in one sitting!

*The American Academy of Pediatrics recommends that children younger than 18 months avoid screen-time and children older than 2 years old should limit media to 1 hour or less each day of high-quality programming.

 **MaineHealth** in collaboration with  **Northern Light Health**™

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