

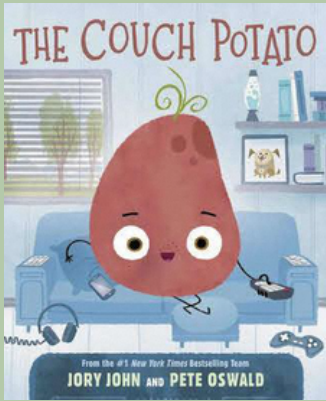


***More books,  
Less  
screen-time!***



**Battle screen time with 8  
book recommendations for  
the family!**

# for children



## **The Couch Potato**

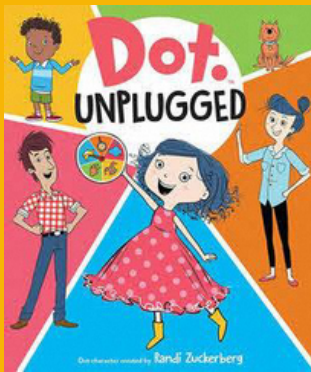
**By:** Jory John and Pete Oswald

**Publisher:** New York, NY: Harper, an imprint of HarperCollinsPublishers, 2020

**Section:** Early Literacy Picture Books

**Call No.:** English JOH

The Couch Potato has everything he needs within reach of his sunken couch cushion. But when the electricity goes out, Couch Potato is forced to peel himself away from the comforts of his living room and venture outside. And when he does, he realizes fresh air and sunshine could be just the things he needs.



## **Dot Unplugged**

**By:** Randi Zuckerberg

**Publisher:** London: Walker Entertainment, 2020

**Section:** Early Literacy Picture Books

**Call No.:** English DOT

It's pouring with rain and now the power's gone out at Dot's house. What should they do to pass the time with no tech? It turns out that improvised game keeps Dot's family so entertained, they just might decide to stay unplugged a bit longer!



## **The Screen Thief!**

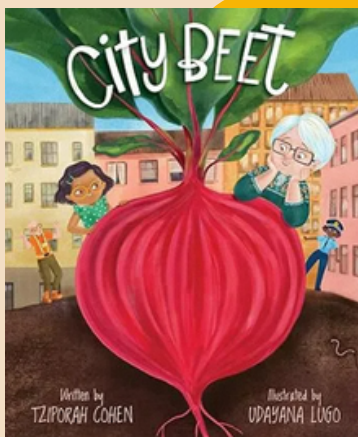
**By:** Helen Docherty and Thomas Docherty

**Publisher:** London : Alison Green Books, 2021

**Section:** Early Literacy Picture Books

**Call No.:** English DOC

Screens away, it's time to play! When the Snaffle arrives in the city, she just wants to play. But nobody notices her: they're all too busy staring at their screens. The Snaffle discovers that she likes screens, too, as a snack! She quickly chomps down every last phone, tablet and TV in the city. She even eats the cinema screen. People are horrified, until they realise that life is much more fun when you actually play together!



## **City Beet**

**By:** Ziporah Cohen

**Publisher:** Ann Arbor, MI : Sleeping Bear Press, 2023

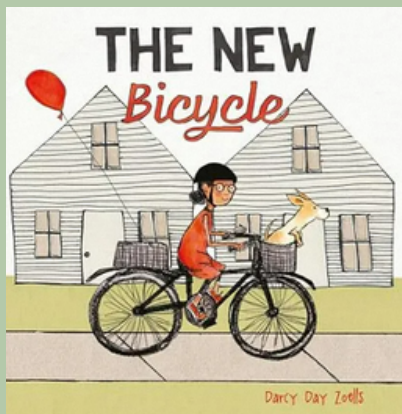
**Section:** Early Literacy Picture Books

**Call No.:** English COH

Victoria and Mrs. Kosta plan to bring a beet salad to a community potluck. They grow the beet in their garden, taking care of it all summer. On the day of the potluck, they struggle to harvest the large beet, but with some help, they manage. The story highlights the importance of community and teamwork, with a recipe for beet salad included.



# for children



## **The New Bicycle**

**By:** Darcy Day Zoells

**Publisher:** New York, NY : Clavis, 2023

**Section:** Early Literacy Picture Books

**Call No.:** English ZOE

**Mari gets a new bicycle and sets off on an adventure, making new friends, transporting goods, and exploring endless places. It's an imaginative road movie with meaning to ride along.**



## **Sleepy Sheepy**

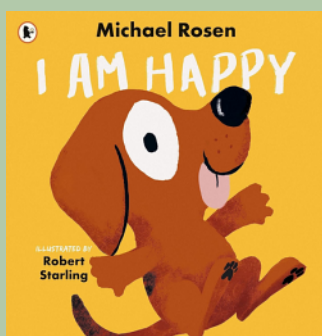
**By:** Lucy Ruth Cummins

**Publisher:** New York: Flamingo Books, 2023.

**Section:** Early Literacy Picture Books

**Call No.:** Poetry & Rhymes CUM

**A rhyming bedtime tale featuring brand new picture book character Sleepy Sheepy, a sheep who is definitely NOT sleepy!**



## **I am Happy**

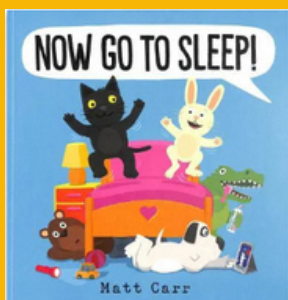
**By:** Micheal Rosen

**Publisher:** London: Walker Books and subsidiaries, 2023.

**Section:** Early Literacy Picture Books

**Call No.:** English ROS

**This puppy is HAPPY! So happy it wants to shout about it! Riding high on a cloud of joy, it wants to sing on a swing, skip through a puddle, and chase after bubbles. With so much happiness in its little heart, what won't it do?**



## **Now Go to Sleep**

**By:** Matt Carr

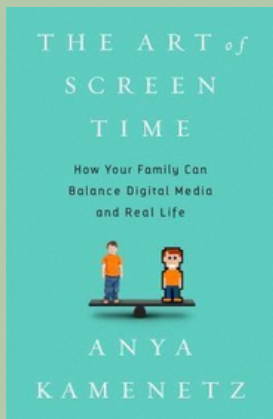
**Publisher:** London : Scholastic, 2021

**Section:** Early Literacy Picture Books

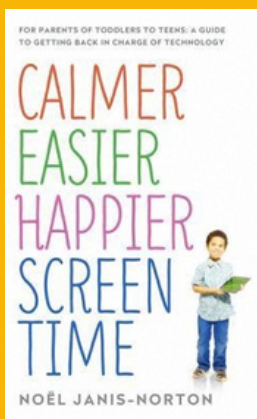
**Call No.:** English CAR

**Shirley Sheep (Head of Sleep) comes to the rescue in this brilliant follow-up to Now Wash Your Hands! The kids from Mrs Moo's class are running wild – it's bedtime, but none of them can sleep – one's had too much sugar, another is afraid of the dark, one can't put his game down, one read a far-too-scary bedtime story and another – a crocodile – actually just has too many teeth to clean! In each house on Sparrow Street, the grown-ups are repeating 'now go to sleep', but nothing is working.**

# for parents

**Title: The Art of Screen Time****By: Anya Kamenetz****Publisher: New York, New York : PublicAffairs, 2018****Section: Adults General Non-Fiction****Call No.: English 004.678083 KAM -[COM]**

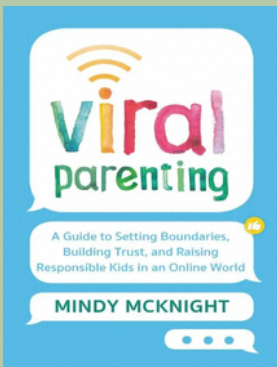
In *The Art of Screen Time*, Anya Kamenetz – an expert on education and technology, as well as a mother of two young children – takes a refreshingly practical look at the subject. Surveying hundreds of fellow parents on their practices and ideas, and cutting through a thicket of inconclusive studies and overblown claims, she hones a simple message, a riff on Michael Pollan's well-known "food rules": Enjoy Screens. Not too much. Mostly with others.

**Title: Calmer, Easier, Happier Screen Time****By: Noel Janis-Norton****Publisher: London : Yellow Kite, an imprint of Hodder & Stoughton, 2016****Section: Adults General Non-Fiction****Call No.: English 649.1 JAN -[FAM]**

In *Calmer Easier Happier Screen Time*, Noel adapts her proven parenting strategies to this most complex of areas. Using the latest scientific research to show just how addictive the digital world can be for the developing brain of a child, she uses the calmer, easier, happier techniques to help parents wean their children away from their electronic devices and get back in charge.

**Viral Parenting****By: Mindy McKnight****Publisher: New York, NY: Grand Central Life & Style, 2019****Section: Adults General Non-Fiction****Call No.: English 306.874 MAC -[FAM]**

Mindy McKnight, YouTube's favorite mom, shares the tools parents need to keep kids safe in their online lives—and shows how to create stronger family relationships as they do. A cross between Jen Hatmaker and Rosalind Wiseman, *VIRAL PARENTING* is a guide to raising responsible, safe, and communicative kids in the digital world. Mindy shares practical tools for having honest conversations with kids of all ages about privacy, bullying, respectfulness, and family time, while emphasizing the importance of trust and open communication.



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For more parenting resources, visit  
Parent Hub at [go.gov.sg/parenthub-nlb](https://go.gov.sg/parenthub-nlb)

