



Tips for keeping kids healthy at home

SUPER SLEEP



Today we learned all about SLEEP and the importance of getting enough quality sleep each and every night!

Good sleep is important for the health and happiness of every person, no matter the age. Most children between 3-12 years of age need 10-12 hours of sleep per night, and most teenagers need at least 9!

Getting enough sleep will help your child's muscles, bones and brain grow and develop. They will focus better in school, have more energy, be in a better mood and stay healthy and prevent illness.

Understanding ways to help your child get higher quality sleep is the first step as well as identifying any sleeping problems that might be present.



AT HOME ACTIVITY

Keeping a sleep diary each night is a GREAT way to track the quantity and quality of sleep your child gets. Ask your

student to show you the Sleep Diary we learned to use.

Each day, they will answer questions about their sleep habits. This can help identify the positives about your current sleep habits, as well as things that you could improve to get more quality, restful sleep! You may also identify issues you want to talk with your child's doctor about at their next appointment.

Here are some tips to help kids get into a good sleep routine:

- Try to go to bed at the same time every night
- Avoid big meals, caffeine or exercising right before bed
- Develop a bedtime routine-do the same relaxing things every night to help you wind down and relax.

DECREASE SCREEN TIME



Try to decrease the amount of screen time your child gets prior to bedtime. This can overstimulate the senses and make it more difficult to fall asleep or quiet the mind.

You could try:

- Taking a relaxing bath
- Reading a book
- Listening to quiet music