



Back to School Success

It is always an exciting time to go back to school! Here are some reminders to help your kids stay healthy and be successful in learning and having fun.

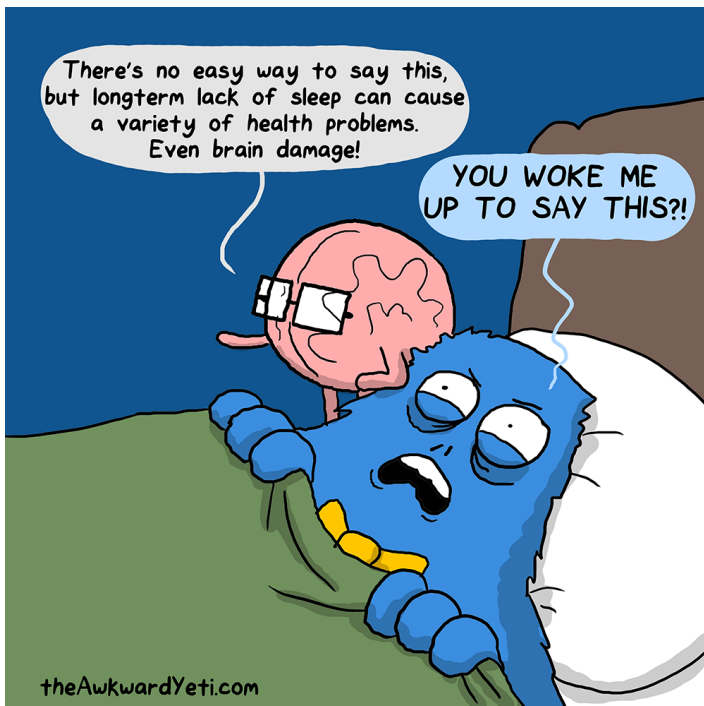
Make time for a healthy breakfast!

Studies show children have more energy, and have better concentration in school when they eat breakfast. Breakfast also provides important body building nutrients, such as calcium and vitamin D. While a well balance meal is best, if they need to eat on the run, choose a quick option that provides good carbohydrates for energy, like dry cereal, breakfast bar, or fresh fruit.



Sleep to be Savvy!

Did you know children ages 6 to 12 years need 9 to 12 hours of sleep every night? Sleep is when our bodies help fight illness, allows muscles and bones to grow, helps our brains remember what we learned and improves our ability to concentrate. Between school work, extracurricular activities and socializing, getting to bed on time can be difficult. However, to help keep our bodies and brains healthy, make bedtime a priority. Talk to your kids about why sleep is so important. A bed time routine may be helpful. Also try turning off the TV, video games and electronics an hour before bedtime.



American Academy of Pediatrics (2017). Healthy sleep habits: How many hours does your child need? Retrieved from: <https://www.healthychildren.org/English/healthyliving/nutrition/Pages/The-Case-for-Eating-Breakfast.aspx>

National Sleep Foundation (2017). Children and sleep. Retrieved from: <https://sleepfoundation.org/sleep-topics/children-and-sleep/page/0/2>