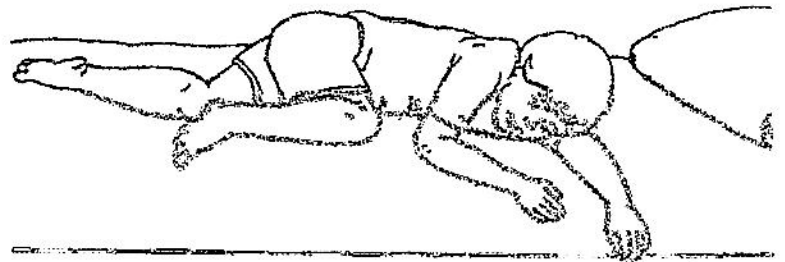




## Healthy Sleep Habits for Older Children and Teens

Sleep is important at all ages. Sleep problems are common among many children and teens and can affect their focus while at school, work or home. Almost one-fourth of all children have some type of sleep problem. The problem can be caused by poor sleep habits or a medical condition.



**Picture 1** Use the bed only for sleeping.

### What to Do

1. Get enough sleep. School aged children need at least 10 to 11 hours of sleep every night. Teens need at least 8 to 9 hours of sleep.
2. Keep a regular sleep schedule. Try to go to sleep and wake up at the same time every day, even on weekends. If you would like to sleep later on the weekends, wake up within 2 hours of the time you would wake up on the weekday. For example, if you wake up at 7 AM during the week, wake up no later than 9 AM on the weekend.
3. Have a bedtime routine. Do relaxing things like listening to music or reading a book before going to bed. Try to have 4 to 5 hours between any exercise and bedtime.
4. Avoid daytime naps. Napping during the day can make it harder to fall asleep at night.
5. Avoid drinks with caffeine (such as sodas, energy drinks, coffee and tea), especially in the afternoon and evenings.
6. Eat regularly and don't go to bed hungry. A light snack before bed is a good idea.
7. Use the bed only for sleep. Do not watch TV, read or eat in the bed (Picture 1).
8. If you need to, completely remove TV or radio from your bedroom at bedtime. Avoid using cell phones and the computer at bedtime. The light from the screens can keep you awake.
9. If you are unable to fall asleep after lying in bed for 20 minutes, get out of bed and do something until you feel sleepy. When you feel sleepy, go back to bed and try to fall asleep again.

It may take up to 2 weeks to see results from these changes, so don't give up in the first week!

### **When to Call Your Doctor**

Call your doctor or the Nationwide Children's Hospital Sleep Clinic at 614-722-4613 if:

- Sleep problems continue even after you follow the tips above.
- You have any other questions or concerns.

# Nutrition for the School Day



School is back and it's time to plan ahead for your child's meals! Don't forget that breakfast is the most important meal of the day and keep in mind that *variety is key* for all meals and snacks. Try to eat from all 5 food groups by the end of the day and keep drinks to water and low-fat milk.

On-the-Go Breakfast Options		
Pick one from each column for a healthy and long lasting breakfast		
1 serving of Protein	1 Serving of Whole Grains	1 Serving of Fruit or Veggie
8oz low-fat or fat free milk	1 slice whole wheat bread	1 small piece of fruit
6oz fat free, light yogurt	1 whole wheat mini bagel	1 cup of sliced fruit
½ c low-fat cottage cheese	1 whole wheat english muffin	2 Tbsp dried fruit
1oz low-fat cheese	¾ - 1 c whole grain cereal	½ - 1 c raw veggies
1 egg or 2 egg whites	½ c oatmeal	½ c canned fruit in own juice
1-2 Tbsp peanut butter	1 high fiber granola bar (>3g)	4-6oz 100% fruit or veg juice

## Packing Lunch:

Healthy lunches include 4-5 foods groups from the MyPlate. This will help your child get fiber, protein, carbohydrates and a lot of nutrients to help them through the rest of the school day. Be sure to only include 1 serving of grains; if you have a sandwich, avoid adding chips and replace with a fruit, yogurt or vegetable. Avoid empty calories from added sugars by packing a sugar free drink or having your child buy a low-fat milk at school.

- ✓ Deli turkey on whole wheat bread, low fat string cheese, apple, carrots and bottled water
- ✓ Whole wheat crackers, reduced fat cheese cubes, cucumbers, grapes and yogurt
- ✓ Whole wheat tortilla with peanut butter, cucumbers with hummus, 8 oz milk and an orange

## After School Snacks:

### Refuel with a glass of water:

Remind your child that a growling stomach can also be your body saying it's thirsty.

**Eat at the table:** avoid tablets, phones and TV to keep focus on tasting and enjoying your snack.

**Keep the kitchen closed after snack:** avoid extra grazing and snacks before dinner is ready.

### Healthy Snacks

- ✓ 1 Tbsp peanut butter & 1 small apple or banana
- ✓ 1 low-fat cheese stick & 4-5 whole grain crackers
- ✓ 1-2 cups fresh veggies & 2 Tbsp hummus
- ✓ 6oz fat free, light yogurt & 1 piece of fruit
- ✓ 3 slices of deli turkey & 1 low-fat cheese stick
- ✓ ¼ c nuts & ½ c dry cereal
- ✓ 3 c low-fat popcorn & 8oz low-fat milk