

# Healthy Habits

## Back-To-School -Healthy Start

We are so excited to start a new school year and starting it off with healthy habits can ensure we all get the best from what we are to learn and achieve.

Every school year educators look forward to working with children's cognitive abilities to help improve, grasp, and retain new information. How can parents help with making sure their children are ready for this journey? Here are a few tips to help all Child(REN) 😊

# Child(REN)

\*Rest

\*Exercise

\*Nutrition

## REST (THE MIND)

- Earlier bedtimes
- Rested minds reduce anxiety about school and new challenges
- Rest increases focus and motivation to think and give feedback
- Children need 9-11 hours of sleep / teenagers 8-10 hours /adults 6-9
- Rest helps reduce attitudes and short tempers

### TIPS:

- Eat earlier
- Monitor devices and how they use them (check under covers /pillows before bed 😊)  
Screen Time App (\$4 a month, \$20 6 months, \$40 a year)
- A day of rest for the family
- Pray before bed and when arise (TAG Time)

## EXERCISE (THE MIND)

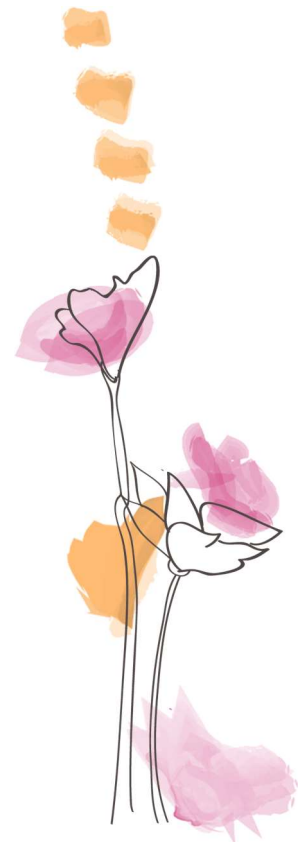
- Daily PE at school to exercise the body/relax the mind
- Take a walk

### BENEFITS:

- Relieves stress /depression
- Controls weight
- Boost immune system
- Restful sleep
- Reduces diseases

### TIPS:

- Get involved with any exercise that increases the heartrate and heavy breathing (not shortness of breath)
- Simply let your child actively play outside for 30 mins to 1 hour about 3-4 days a week
- Walking trails
- Rainy/Winter Indoor Options: Youtube videos
- Time to talk with your child about school



Healthy  
living

## NUTRITION (THE MIND)

- Good nutrition supports rest and exercise
- The mind and body depend on good nutrition to perform at 100%
- GI-GO

(Good in-Good out OR Garbage in-Garbage out)

## NUTRITION: MIND BLOCKERS

- Excessive Sugar (food and drinks)
- Too many starchy foods in the diet
- Constipating foods
- Spicy foods
- Junk foods can really work against good thinking
- Sugary cereals/Donuts/Cinnamon rolls in the morning can slow your child down drastically
- Avoid cheeses, white flour products, overeating
- Slow bowels create slow movements

## NUTRITION: TIPS

- Colorful plates: Balanced diet (green, red, orange, yellow, brown, etc) \*NOT all brown
- Cafeteria offers a vegetarian option
- Water Water and Mo' Water-LOL Water is a life-saver and makes every healthy effort successful