

➤ Tips for developing healthy sleep habits for your child:

- » Maintain a regular sleep schedule with a consistent bed and wake-up time.
- » Avoid placing TVs and computers in the bedroom.
- » Avoid watching TV close to bedtime.
- » Place phones on silent or remove them from the bedroom.
- » Keep the sleeping environment quiet, dark, and at a comfortable temperature.
- » Encourage teens to create a relaxing wind-down routine to cue sleepiness (such as taking a shower, reading a book, or journaling).



Check out these resources for Sleep, Activity, and Nutrition!

National Sleep Foundation
www.sleepfoundation.org

Children's Storybook Apps from the American Academy of Sleep Medicine
<http://www.aasmnet.org/childrensapp.aspx>

We Can! (Ways to Enhance Children's Activity & Nutrition!)
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Let's Move!
www.letsmove.gov

Kids Eat Right
<http://www.eatright.org/kids/>

ChooseMyPlate
www.choosemyplate.gov

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Healthy Families are Strong Families

Sleep, Activity, & Nutrition, Tips for Parents



The Performance Triad is for kids too! Children need quality sleep, plenty of activity and good nutrition to help them learn, grow, and live long, healthy lives. Practicing the Triad as a family will help you work toward your goals for healthy living, while also teaching your kids healthy habits that will follow them into adulthood. Build a strong and happy family through healthy living!

Make sleep a priority in your child's day

Instill healthy sleep habits at an early age. Consistent bedtimes and a quiet, comfortable sleep haven are the most fundamental habits all children should know. Regulated sleep and age-appropriate bedtimes are also very important for academic success.

Sleep Guidelines for Children

| Age | Hours (within a 24-hour period) |
|-------------|---------------------------------|
| 0-2 months | 12 to 18 hours |
| 3-11 months | 14-15 hours |
| 1-3 years | 12-14 hours |
| 3-5 years | 11-13 hours |
| 5-10 years | 10-11 hours |
| 10-17 years | 8.5-9.25 hours |

Encourage kids to play and do activities they enjoy!

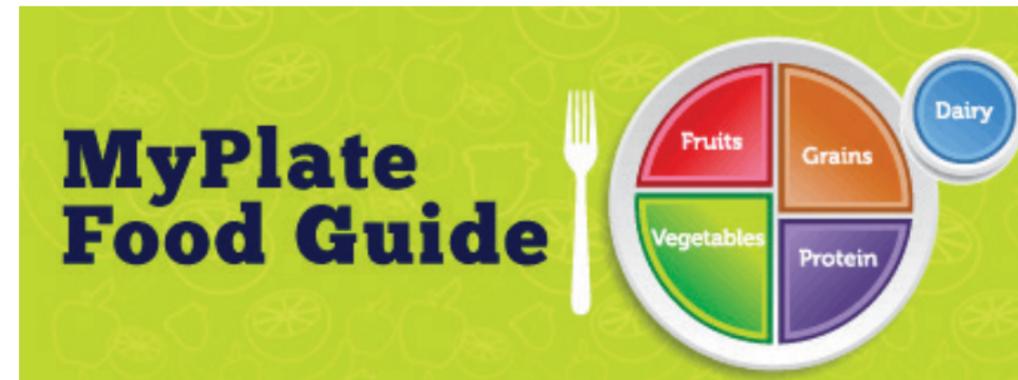
Children and adolescents (aged 6-17) need at least 60 minutes of activity every day. They also need at least 11,000 steps (for girls) and 13,000 steps (for boys) each day.

- ➔ Benefits of daily physical activity:
 - » helps manage weight and reduces risk for obesity
 - » reduces risk of developing chronic disease in adulthood
 - » strengthens bones and muscles
 - » can reduce anxiety and stress
 - » may increase self-esteem
 - » may help improve concentration, classroom behavior, and grades
- ➔ Tips for increasing your child's activity:
 - » Reduce screen time (TV, computer, video games, and phones).
 - » Take a family walk after dinner.
 - » Play at the park or go for a family bike ride or hike.
 - » Explore opportunities to learn a new activity (such as martial arts, dance, or yoga).
 - » Volunteer for your child's sports team or physical activity event.
 - » Invite them to take part in your physical activity.

Examples of Aerobic, Muscle and Bone - Strengthening Activities for Children and Adolescents

| Activity | Aerobic (moderate or vigorous) | Muscle-Strengthening | Bone-Strengthening |
|--|--------------------------------|----------------------|--------------------|
| Running | ✓ | | ✓ |
| Skipping | ✓ | | ✓ |
| Swimming | ✓ | | |
| Jumping rope | ✓ | | ✓ |
| Swinging or climbing on playground equipment | ✓ | ✓ | |
| Bicycling | ✓ | | |
| Dancing | ✓ | | |
| Tag | ✓ | | |
| Flag football | ✓ | | |
| Push-ups/Pull-ups | | ✓ | |
| Sit-ups | | ✓ | |
| Sports (like volleyball, basketball, tennis) | ✓ | | ✓ |
| Martial arts (e.g. karate) | ✓ | ✓ | |
| Weight lifting | | ✓ | ✓ |
| Brisk walking | ✓ | | |

*Youth should do vigorous-intensity aerobic activities, muscle and bone-strengthening activities at least 3 days a week.
 *Adapted from the U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans.



Use MyPlate to practice healthy eating

- ➔ Foundations for healthy eating:
 - » Family meals are the perfect place for children to learn about healthy eating. Parents should model healthy eating habits and encourage kids to try new foods.
 - » Eating meals together promotes healthier eating and give families time to talk, listen, and build relationships. It also teaches everyone to choose and prepare better foods during family meals and beyond.
 - » Children who eat with their families are better nourished, maintain a healthier weight, have better grades, and are less likely to smoke, drink, or use marijuana.
 - » Eating together helps improve connections to one another.

- ➔ Practice building a healthy plate with your child by:
 - » eating whole grains (such as 100% whole-wheat pasta or bread, brown rice, and whole-oat cereals).
 - » making half the plate fruits and vegetables.
 - » choosing fat-free or reduced fat dairy products (such as 1% milk, yogurt, and cheese).
 - » eating a variety of protein foods (such as lean meats, seafood, nuts, eggs, beans, and peas).
 - » making water the first beverage choice; if drinking juice, be sure to choose 100% juice and limit to 4-6 oz portions.
- ➔ Tips on feeding your kids:
 - » Start the school-day off right by serving your children a healthy breakfast.
 - » Make the healthy choice, the easy choice: have fruits, veggies, cheese sticks, pretzels, yogurt, etc. on hand for snacks.
 - » Serve age-appropriate portion sizes of food and drink.
 - » Quit the “Clean Plate Club” - encouraging or bribing your kids to clean their plate may lead to overeating.