

Healthy Sleeping and Eating

As most of you already know sleep and eating habits have a huge effect on your child's behavior and health. We have put together a few suggestions, which may help to encourage healthy sleeping and eating habits:

Sleep: Please keep in mind it is recommended that 1-3 year olds should be getting 12-14 hours of sleep per day and 3-5 year olds 11-13 hours per day. Here are some important things you can do to help your child get enough sleep

1. Set a regular bedtime for everyone each night and **stick to it. Consistency is crucial for young children.**
2. Establish a **relaxing** bedtime routine, such as giving your child a warm bath or reading her/him a story.
3. Let your child pick a doll, blanket, stuffed animal, or other **soft object** as a bedtime companion.
4. **Do not** allow a TV or computer in your child's bedroom.
5. Avoid giving children anything with caffeine within six hours of bedtime, and limit the amount of caffeine children consume. Same goes for sugar and processed foods with artificial coloring.
6. Keep **noise levels low, rooms dark, and indoor temperatures slightly cool.**
7. Talk to your pediatrician if your child is showing signs of sleep apnea. There are proven treatments for this condition, as well.

Eating Healthy: It is crucially important for your child to be eating well balanced meals. A lack of healthy eating in our society is the cause for increased child obesity and several illnesses including diabetes.

Eating healthy at home as well as school is equally important. Kinderprep provides your child with a morning snack and afternoon snack. Morning snack consists of cereal and a glass of water and afternoon snack is usually crackers, pretzels, or a special birthday treat and a glass of water. If your child requires additional food at these snack times or prefers something different, please send in any additional snacks labeled morning and afternoon snack.

Lunch is to be provided by the parents. Your child's lunch should include: **an entree, fruit/vegetable, drink, snack and all necessary utensils.** If you wish for your child's utensils to be returned home, please label them with your child's name. Many parents have asked for lunch ideas:

-Yogurt
-Mini bagels

-fruit w/ yogurt dip
-Apples w/ peanut butter

- Rolled or cut up lunch meat
- Cream cheese/ peanut butter & jelly sandwiches
- Leftovers
- Breakfast foods
- Pizza
- cold pasta salad
- cut up cheese and crackers
- Hummus and veggies/crackers
- Dried Fruit/Raisins
- Celery sticks with cream cheese & raisins
- Cheese & Crackers
- yogurt covered fruits
- cut up cucumbers, grape tomatoes
- Granola Bars
- Cereal Bars
- Nuts
- Cheese sticks

Having your child help to plan their lunch and giving them choices may also entice them to eat. Most children like bite size pieces, which are easy to eat. If your child prefers small pieces or their skin off their apple please send it to school this way. We ask that all food be ready to eat with the exception of a heat-up. Thank you and we hope you find this information useful.