

Respond promptly and lovingly to your child

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School

Help your child develop self-esteem

BEFORE AND AFTER SCHOOL CHILD CARE

- During middle childhood, youngsters need supervision. A responsible adult should be available to get them ready and off to school in the morning and watch over them after school until you return home from work.
- Children approaching adolescence (the 11-and 12-year olds) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.

Use non-violent forms of discipline

Good Sleep is vital to children

Whether your child is starting school for the first time or not, one thing many children have to deal with is getting on a good sleep schedule. Not getting enough sleep is an important cause of school performance problems, leading to attention and behavioral problems, so it is important to encourage good sleep habits for children of all ages.

Most children need at least nine hours of good sleep at night. Children need adequate sleep in order to be alert and energized and able to perform their best at school. As children move into adolescence, they tend to get less sleep per day.

We offer the following sleep tips for the start of the school year and the rest of the school year:

- Keep a regular sleep schedule on weekdays and avoid extreme changes in the routine on weekends.

The Importance of Water

Every organ, muscle, and system in the human body require water to maintain optimal function. Water is necessary to cool the body, prevent thickening of the blood (which strains the heart), reduce mental sluggishness, and eliminate impaired physical performance.

Everyday the body loses an average of 10-12 cups of water to maintain normal body functioning. To replace this water loss, a minimum of 8 ounce glasses of water should be consumed each day. Those who are physically active, work in a hot or humid environment, or have a cold or fever should consume more than the recom-

- Establish a relaxing bedtime routine, such as reading before bed.
- Do not have televisions, computers, video games or other electronics in the bedroom.
- Don't let children watch television or use electronic devices during the half hour before bedtime.
- Make sure children eat well and exercise.

As a parent, you should:

- Set a good example. By adopting good sleep habits, your children are less likely to develop bad sleep habits.
- Talk to children about the importance of healthy sleep and the consequences of sleepiness, such as drowsy driving.
- Parents need to understand that



mended minimum.

If you wait until you are thirsty, you are already mildly dehydrated. Additional water should be consumed to counteract the dehydrating effects of these beverages. To help ensure that you are consuming an adequate amount of water daily, make sure that you have water readily available. Have water bottle within reach at work, in the car, and at home.

Following this rule, we allow children to have their water bottles inside the classrooms

children, including teens, need more sleep than adults.

Children who have trouble waking in the morning on more than three days a week, or who snore, may not be getting enough sleep. They may need to be evaluated by a specialist.

TV TIPS

- Set limits on the amount of TV your child watches. Be firm. Limit children's TV viewing to an hour or two daily.
- Eliminate channel surfing, which encourages passive viewing.
- Keep TV's out of your youngster's bedroom. Children should watch their favorite shows in a central area of the home.
- Whenever possible, videotape programs and watch them later. Fast forwarding through commercials will save ten minutes off of every hour of TV viewing.
- Use the power of television in a positive way. TV can be a valuable tool for learning and expanding one's awareness of the world.

Use plenty of positive words with your child