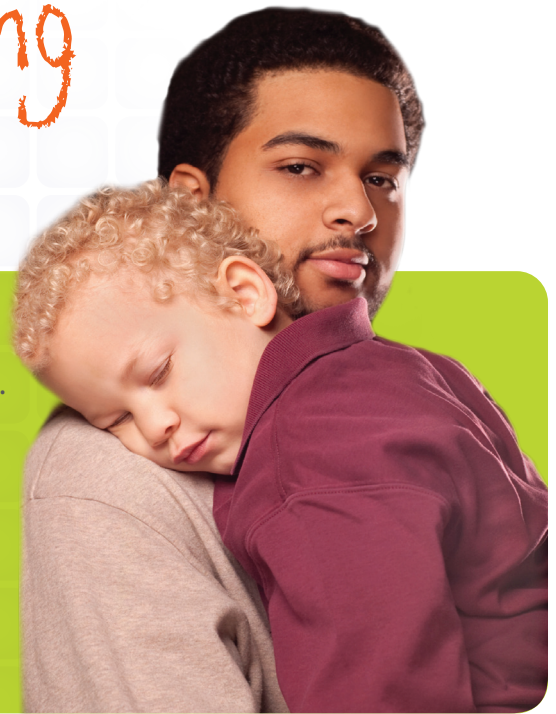


Rest Well

Food and Nutrition Tips from Kids Eat Right

Are Your Kids Getting Enough Sleep?

These days, parents aren't the only ones who are sleep deprived. Most kids aren't getting enough sleep either, which can take a toll on their health and wellbeing. Kids need at least 9 hours of sleep a night. For many families, making enough time for bedtime requires planning and changing a few family routines.



Promote Good Sleep Habits

Here's how to help your kids get much-needed sleep to help them grow and perform their best:

- Only 50 percent of kids have regular bedtimes. Yet, those who have regular routines, including bedtime, have more self-esteem, fewer behavioral problems and better grades than children who have less structure.
- In addition to having a regular bedtime, waking up at the same time each morning is helpful so your child's body clock is on a schedule. If your child seems tired on the weekend, an hour or two of extra sleep can help them catch up.
- Eating dinner earlier gives kids sufficient time to do their homework and relax before bedtime.
- Plan relaxing activities a half-hour before bedtime like a bath, shower or bedtime story.
- Be a good role model and get plenty of sleep, too. If you're always tired your kids will think it's normal.

Less TV, More Exercise

- Kids who watch more TV have more sleeping problems, so it's better not to have a TV or other electronics in your kid's bedroom.
- Limit TV, electronics or screen time to less than 2 hours a day and ask kids to turn off all electronics or TV at least an hour before bedtime.
- Exercise leads to better sleep, so make sure your child gets plenty of physical activity every day.

Peanut-buttery Oatmeal

After a good night's sleep help your kid start the day on the right track with this healthy breakfast:

Prepare 1 package plain instant oatmeal according to package directions. Stir in 1 tablespoon chunky peanut butter and drizzle with 1 teaspoon honey. Serve with a glass of low-fat milk.

Why Sleep Matters

- A good night's sleep helps keep your child from getting sick.
- Getting enough sleep can improve your child's mood, and help them stay alert in school.
- Kids who get enough sleep have fewer behavior problems.
- Kids who don't get enough sleep each night are more likely to be overweight.

Authored by Academy of Nutrition and Dietetics staff registered dietitians.

For more articles, tips, recipes and videos to help your kids eat healthy, visit www.kidseatright.org.

To find a registered dietitian in your area, visit www.eatright.org.



Kids Eat Right is a joint effort of the **Academy of Nutrition and Dietetics** and the **Academy of Nutrition and Dietetics Foundation** to end childhood obesity and provide the resources to help families, communities, and policy makers ensure quality nutrition for children.