**Why is sleep important?**

- Helps the body repair itself.
- Helps children perform better in school.
- Helps children in sports and physical activity.
- Not enough sleep is associated with unhealthy eating habits.

**Why is breakfast important?**

- Helps supply children with energy for the day.
- Improves children’s performance in school.

**Sleep Recommendations by Age**

<table>
<thead>
<tr>
<th>Age</th>
<th>Hours of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2 months</td>
<td>12-18</td>
</tr>
<tr>
<td>2-11 months</td>
<td>14-15</td>
</tr>
<tr>
<td>1-3 years</td>
<td>12-14</td>
</tr>
<tr>
<td>3-5 years</td>
<td>11-13</td>
</tr>
<tr>
<td>5-10 years</td>
<td>10-11</td>
</tr>
<tr>
<td>10-17 years</td>
<td>8.5-9.5</td>
</tr>
<tr>
<td>18+ years</td>
<td>7-9</td>
</tr>
</tbody>
</table>

**Complete this Sleep Clock with Your Child**

- Look at the recommendations to decide how many hours of sleep your child should get each night, depending on their age.

**Fill in the following sentences:**

- My child needs _____ hours of sleep every night.
- My child needs to go to bed at: ____.
- My child needs to wake up at: ____.

- In this clock, ask your child to color in the hours that match the hours they’ll be asleep.

**Tips for Eating Breakfast Every Morning**

(Check once you have tried each of the following):

- Keep apples, bananas, and oranges at home. They are easy to carry and eat.
- Keep a bowl of hard boiled eggs in the refrigerator.
- Try making whole grain toast with low-fat cheese.
- Try making instant oatmeal (without added sugar and flavors).
- Try making instant oatmeal with milk instead of water.