

## 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

Age	Hours of Sleep
0-2 months	12- 18
2-11 months	14-15
1- 3 years	12-14
3-5 years	11-13
5-10 years	10-11
10-17 years	8.5-9.5
18+ years	7-9

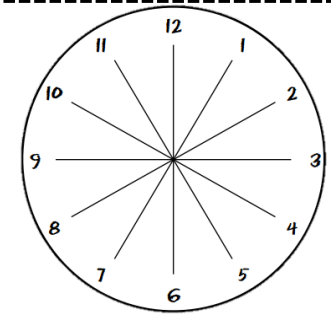
### Complete this Sleep Clock with Your Child

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.