

# Let's Get Ready to Learn!

## 5 Ways to Help Keep Your Child Alert and Ready to Learn Throughout the Day

### 1. Get a Good Night Sleep

How much sleep do you need?

AGE	SLEEP NEEDS
Newborns (1-2 months)	10 ½ -18 hours
Infants (3-11 months)	9-12 hours during the night and 30-minute to 2 hour naps, one to 4 times per day
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-aged children (5-12 years)	10-11 hours
Teens (11-17)	8 ½ - 9 ¼ hours
Adults	7-9 hours
Older Adults	7-9 hours

\*Recommendations of The National Sleep Foundation [www.sleepfoundation.org](http://www.sleepfoundation.org)

### 2. Start With a Healthy Breakfast

According to the American Dietetic Association, children who eat breakfast “tend to have more strength and endurance, and better concentration and problem-solving abilities”.

#### Healthful Breakfast Ideas

- Whole-grain cereal with fruit and milk
- Whole-grain cereal with a cup of yogurt
- Whole-grain toasted waffle topped with peanut butter
- Instant or homemade oatmeal with milk and dried fruit
- A whole-wheat pita stuffed with sliced hard-cooked eggs
- Scrambled eggs, whole-grain toast, and fruit
- Peanut butter or hummus on whole-wheat toast and milk
- Lean ham on a toasted English muffin with vegetable juice
- Breakfast wrap with cut-up fresh or canned fruit and low-fat cream cheese rolled in a whole-wheat tortilla with milk

\*Breakfast ideas from American Dietetic Association [www.eatright.org](http://www.eatright.org)

### 3. Pack a Healthful Snack

Fruit      Cereal mix      Non- or low-fat yogurt      String cheese      ¼ cup nut mix

#### 4. Pack a Healthful Lunch

Allow your child to build his/her own well-balanced lunch. Have your child choose a food from each list. Sometimes his/her lunch will not look like a “traditional” lunch, but it will be healthy and well-balanced.

Protein	Grain (mostly whole-grain)	Vegetables	Fruits	Dairy (Mostly non- or low-fat)
Peanut butter	Bread	Mini carrots	Apples	Milk
Lean lunchmeat	Tortilla	Snap peas	Oranges	Yogurt
Chicken or turkey	Pita	Broccoli	Pears	Cottage Cheese
Nuts	English muffin	Cauliflower	Peaches	String cheese
Legumes	Low-calorie muffin	Cucumbers	Pineapple	Cream Cheese
Soy nuts	Nann bread	Cherry tomatoes	Bananas	Sour Cream
Eggs	Brown rice	Celery	Grapes	Shredded Cheddar
Canned light tuna or salmon (EPA recommends 12 oz or less per week due to risk of mercury consumption <a href="http://www.epa.gov">www.epa.gov</a> )	Mini-bagel (“regular” size bagels are high in calories)	Sliced red, green, and yellow peppers *Serve all of the above w/low-fat ranch dressing	¼ cup dried fruit (limit dried fruits and fruit juice because they are high in calories)	1/3 cup shredded cheese = 1 cup dairy 1 ounce of cheese (size of 2 dice) = 1 cup dairy

#### Healthier Desserts

Yogurt	Cottage cheese with sliced fruit	Homemade oatmeal cookie
Rice and popcorn cakes	Pudding made with fat free milk	Air-popped popcorn (This is a whole-grain!)

#### Items to Have on Hand

Cold packs	Lunch Bag	Thermos	Water bottle
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#### 5. Get Enough Physical Activity

AGE	MINIMUM DAILY ACTIVITY	RECOMMENDATIONS
Infant	No specific requirements	Encourage physical activity that helps motor development
Toddler	1 ½ hours	30 minutes planned <b>and</b> 60 minutes unstructured (free play)
Preschooler	2 hours	60 minutes planned <b>and</b> 60 minutes unstructured (free play)
School age	1 hour or more	Break up into 15 minutes or more for each session

Young children should not be inactive for more than 1 hour and school-age children 2 hours, unless they are sleeping.

\*Recommended by The National Association for Sport and Physical Education (NASPE)  
[www.aahperd.org](http://www.aahperd.org)