

# THE 4 BUILDING BLOCKS

## NUTRITION

- ▶ mainly eat real food, whole food
- ▶ eliminate or minimize added sugar
- ▶ eliminate or minimize processed foods
- ▶ increase healthy fats (polyunsaturated, monounsaturated)

## SLEEP

- ▶ Y5/K/1st: 10-13 hours
- ▶ 2nd-8th: 9-12 hours
- ▶ keep weekends/breaks within an hour of the usual time
- ▶ sleep improves attention, behavior, learning, and memory

## NATURE

- ▶ time in nature is vital to children's health and development
- ▶ nature can reduce stress and increase attention spans
- ▶ nature promotes creativity and imagination
- ▶ nature provides different stimulation and gets kids moving

## SCREEN TIME

- ▶ no more than 1 hour per day
- ▶ remove all devices/technology from bedroom
- ▶ all children require ample face-to-face interaction
- ▶ designate media-free times, such as dinner or driving