



THE 4 BUILDING BLOCKS



NUTRITION

- ▶ focus on nutrient-dense food (protein, fruit, vegetables, grains)
- ▶ reduce added sugar
- ▶ reduce processed foods
- ▶ increase healthy fats (polyunsaturated, monounsaturated)

SLEEP

- ▶ Y5/K: 10-13 hours
- ▶ 1st-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

- ▶ aim for 2 hours or less per day
- ▶ limit devices/technology in bedroom
- ▶ all children require ample face-to-face interaction
- ▶ designate media-free times, such as dinner or driving

NOTE: These are general recommendations based on research, not requirements (parents/guardians decide what's best for their family!)