



Health tips for helping our children be better students and happier people.

Recent surveys show that a large percent of people function on lack of sleep, leading to overuse of caffeine, tobacco, alcohol, overeating and possible use of drugs to make them feel better.

Children who are sleep deprived may have more behavior problems and unable to focus on learning. Parents can help their children by providing a daily routine to conduce sleep at bedtime such as:

1. Allowing some free-time or rest after school.
2. Avoid extra excitement approximately 1 hour before bedtime
3. Try getting homework and bathing done early
4. Allow quiet time at least 30 minutes before bedtime. Little ones love a lotion rub, even older children enjoy a back rub.
5. Praying with your children is calming to them.
6. Younger children need at least 10 - 11 hours of sleep in order to be attentive at school. Children that lack sleep tend to have more behavioral and learning difficulties.
7. Teach children to have their homework and clothes ready for the next morning. Try getting things done early, as not to interfere with bedtime.
8. Parents need to take care of themselves, too. Tired parents can be less patient and often can lead to conflict with your child. Negative interaction with your child before he/she goes to school can interfere with learning and general well-being. Try to make school a happy, positive experience.
9. Parenting can be difficult. Pray for strength that you can do the best you can for your child.

Adults also need to organize their lives to fit in adequate sleep time. People who are sleep deprived may lose energy and become quick-tempered. Consuming substances to keep alert will lead to more problems. The average adult requires at least 7 - 8 hours of sleep, older adults may need less. Children require 9 - 10 hours of sleep, depending on the age.

