

## Helping your child learn...



Regardless of how well teachers are prepared to teach or how supportive the school environment, a child's ability to learn is greatly affected by how healthy they are. Children who arrive at school fed, rested, calm, and unworried are ready to learn. Parents have an important role in helping students reach their learning potential.

There are many steps parents can take to help their children be healthy and able to learn.

- Set regular bedtimes that ensure at least 8 hours of sleep each night
- Provide a healthy breakfast
- Encourage your children to eat regular meals that include a variety of fruit and vegetables every day
- Set limits on screen time to less than 3 hours per day
- Encourage physical activity for 60-90 minutes each daily
- Be a role model by managing stress, being active, eating well and living tobacco free
- Provide a safe, caring and supportive environment at home
- Check in regularly with your child and encourage open communication
- Help your child make positive connections with other caring adults you trust

<http://www.jcsh-cces.ca/>

[http://www.cdc.gov/HealthyYouth/health\\_and\\_academics](http://www.cdc.gov/HealthyYouth/health_and_academics)

Research Review: School-based Health Interventions and Academic Achievement

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