



10 NEEDS

for a

Healthy Childhood

and

*Educational
Experience*

1: Proper Nutrition

A good, hot, nutritious breakfast every day before school. Breakfast, snack and lunch should contain lots of protein and no sugar or food additives.

2: Adequate Sleep

Be in bed no later than 8:00 PM on school nights. Most young children still need 10 to 12 hours of sleep each night.

3: Minimal Media

No computer, TV, video games or other screen time on Sunday through Thursday. No murder, mayhem or adult movies or videos, ever.

4: Quiet Time

Provide some daily quiet time, without radio, CDs or tapes. Give your child the gift of silence.

5: Time in Nature

Spend some time in nature every day. Experience the weather; pay attention to the seasons, moon, stars and sky.

6: Chores at Home

Assign some responsibilities for taking care of the home, pets and yard.

7: Appropriate Dress

Pay attention to keeping your child warm and dry while at school, especially their feet.

8: Cultivate Reverence

All spiritual traditions offer practices that develop a reverence for life that support home, school and community relationships, or feel free to create your own.

9: Support Your Child's Education

Help develop healthy homework habits, participate in school activities, and communicate honestly about your concerns with your child's teachers.

10: Support the Class Community

Get to school on time. Plan vacations during breaks. Support the class code of conduct. Children need shared values and alignment among their adult role models.