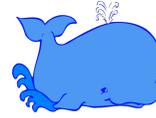


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## **Health & Wellness Report** **September 2019**

Happy September and welcome back to a new school year. With school back in session, our children need to get back into the routine of waking up early, going to school for 7-8 hours a day and then coming home and doing homework, chores and other family obligations. To properly send our children off to have a great and productive day, we need to ensure that they get the proper amount of rest and sleep.

According to a USA TODAY article, (dated August 26, 2019), it states that studies show that children “need more sleep than adults- lots more to support their growth and development. The American Academy of Sleep Medicine recommends that preschoolers get 10-13 hours of sleep a day, grade schoolers should get 9 -12 hours and teens should get between 8-10 hours of sleep. Children who do not get enough sleep, may have issues in school. They lack the focus to pay attention in class, they have trouble sitting still and their emotions may be all over the place.

We encourage our children to be healthy to eat right, encourage physical activity and exercise, sleep is just as important. As working parents, we may be a little more lenient with bedtime, so we could spend time with our children. Getting less than the recommended hours of sleep for prolonged periods, can lead to sleep-deprivation in children as well as adults. Regular sleep-deprivation can have lasting and serious effects on children; behavioral issues, weight gain, hypertension, headaches and even depression.

We, as parents need to help establish a bedtime routine. We know that you cannot always get right into bed and fall asleep. Children and adults need to “wind down”. Taking a bath, reading a story or just talking to your child as they lay in bed, will help them wind down and get a good night’s sleep. Playing video games, being on the laptop or just being on our cellular phones can hinder a good night’s sleep. We can shut down the laptop and turn off the games, and they turn off quickly, but it takes our brains much longer to power down. According to the American Academy of Pediatrics ([www.aap.org](http://www.aap.org)), it is suggested that all screens (laptop, cell phones, video games) should be turned off at least one hour before bed. This will allow the brain to wind down as well.

Providing our children with the proper tools and good lifestyle habits, will allow them to be successful not only in their school but in their future lives as well.