



# Setting Your Child Up for Success Your Child's Brain is Developing – Fast!

## Stimulate it!

Children ages 6-17 should have 60 minutes of activity per day for good health?

The majority of 50 studies reviewed showed that active students had better academic performance. Only 1.5% showed a negative association.



U.S. Department of Health and Human Services Centers for Disease Control [www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth)  
Revised Version — July 2010

American Heart Association's Recommendations for Physical Activity  
<http://bit.ly/1jLScPG>

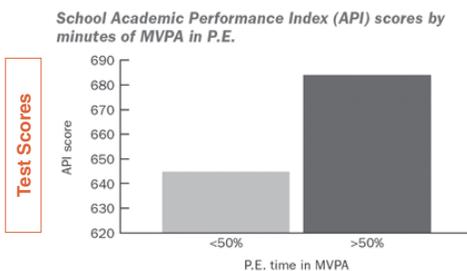
Kids.Gov Exercise and Nutrition – For Parents  
<http://kids.usa.gov/parents/exercise-fitness-nutrition/index.shtml>

Defense and Veterans Brain Injury Center  
<http://dvbic.dcoe.mil/>

American Academy of Pediatrics:  
Sports-related Injuries:  
[bit.ly/1oYGi3V](http://bit.ly/1oYGi3V)

In a California study involving over 800,000 5th, 7th and 9th graders - **higher math and reading scores** were associated with higher levels of **fitness**.

*Journal of Exercise Physiology*  
Feb 2005



Source: *Failing Fitness: Physical Activity and Physical Education in Schools*

## Bikes, Balls in Class: Transformed One School

NAPERVILLE, Ill., April 14, 2010 By DAVID WRIGHT and HANNA SIEGEL



"What we're trying to do here is jump start their brain," says the chairman of the Physical Education Department at Naperville.

Naperville Central High School in Illinois illustrated the power of exercise to boost school performance. Students who participated in a dynamic morning **exercise** program nearly **doubled their reading scores** and math scores significantly increased.

Let's Move!  
[www.letsmove.gov](http://www.letsmove.gov)  
We Can! (Ways to Enhance Children's Activity and Nutrition)  
<http://www.nhlbi.nih.gov/health/public/heart/obesity/weacan/>

## Protect it!

Concussion education may make all the difference for your child.

### How can concussions be prevented?

1. Children should always wear helmets during any riding activities and contact sports. Make sure the helmets fit and are in good condition.
2. Practice safe playing techniques during sports and every day physical activity
3. Talk to your children about concussions. Communicate how important it is to let their coach or you know if they have hit their head and are experiencing symptoms of a concussion.



LEARN MORE ABOUT THE PERFORMANCE TRIAD:  
**SLEEP, ACTIVITY, AND NUTRITION.**  
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)





# Performance Triad Fact Sheet

## Setting Your Child Up for Success – their brain is developing fast!

### Rest it !



#### Children need sleep

Age (years)	Sleep (hours)
3-5	11-13 hr
5-10	10-11 hr
10-17	8.5-9.5 hr

European Sleep Research Society  
Sleep Research and Sleep Medicine in Europe

#### Good quality sleep is associated with better academic performance among university students in Ethiopia.

Lemma S<sup>1</sup>, Berhane Y, Worku A, Gelaye B, Williams MA.

This cross-sectional study of 2,173 college students, using Pittsburgh Sleep Quality Index, and cumulative grade point average, students with better sleep quality score achieved significantly better on their academic performance (P value = 0.001),

*Sleep Breath.* 2014 May;18(2):257-63. doi: 10.1007/s11325-013-0874-8. Epub 2013 Aug 9



AMERICAN ACADEMY OF SLEEP MEDICINE  
Setting Standards & Promoting Excellence in Sleep Medicine

A study involving 56 adolescents between the ages of 14 and 18 years who had complaints of daytime sleepiness and or insufficient sleep at night showed that: **Higher math scores were related to :**

1. Less night awakenings
2. Higher sleep efficiency
3. Great sleep quality

June 15, 2009

Sleep for Kids, Teaching Kids the Importance of Sleep  
<http://www.sleepforkids.org/>

National Sleep Foundation  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

Children's Storybook Apps from the American Academy of Sleep Medicine  
<http://www.aasmnet.org/childrensapp.aspx>

### JOURNAL OF SCHOOL HEALTH

#### The Association of Self-reported Sleep, Weight Status and Academic Performance in Fifth Grade Students

Adequate sleep leads to better weight status in children and adolescents. Studies continue to emerge that link the relationship between length of sleep and being overweight or obese.

*J Sch Health.* 2013 Feb;83(2):77-84

### Feed it !



#### Demand healthy foods for your child

Lack of adequate consumption of specific foods, such as fruits, vegetables, or dairy products, is associated with lower grades among students.



Health and Academic Achievement  
Center for Disease Control and Prevention May 2014

#### Journal of Nutrition and Metabolism

Student participation in the United States Department of Agriculture (USDA) School Breakfast Program (SBP) is associated with increased academic grades and standardized test scores, reduced absenteeism, and improved cognitive performance (e.g., memory).3, 5-11



*Annals of Nutrition & Metabolism.* 2002;46(suppl 1):24-30.

WHERE TO START: Dietary Guidelines for Americans and MyPlate  
<http://www.choosemyplate.gov>

Fruits and Veggies, More Matters  
<http://www.fruitsandveggiesmorematters.org/>

**HEALTHY EATING PLATE**

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Eat plenty of fruits of all colors.

**STAY ACTIVE!**  
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The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)

Academy of Nutrition and Dietetics, Children's Health, Eat Right at School  
<http://www.eatright.org/Public/>  
Kids Eat Right  
<http://www.eatright.org/kids>

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