

# 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 Sundays through Thursdays. No murder, mayhem or adult movies or videos on the weekend, 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 help develop the reverence for life that supports home, school and community relationships. If need be, 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.

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