

# Parent Connection Newsletter

A Resource for Frisco ISD Parents and Families

## BACK-TO-SCHOOL

### BEDTIME

The National Sleep Foundation recommends these basic daily sleep requirements for children, adolescents, pre-teens and teens:

- Preschoolers: 11-13 hours
- Elementary school students: 10-12 hours
- Pre-teens: 9 - 11 hours
- Teens 8 ½ - 9 hours

There is so much to consider when parents are making appropriate decisions about their children and sleep. Electronic devices in bedrooms, clutter, dinner, drinks, color of the room, and exercise just to name a few.

#### Helpful Websites:

<http://www.npr.org/templates/story/story.php?storyId=6894556>

<http://tips.blogs.cnn.com/2008/08/12/back-to-school-bedtime/>

<http://www.nhs.org/parents/sup>

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### BREAKFAST

According to a study of 1,089 kids ages 12-to-15-years-old conducted in the Netherlands, **children were more inclined to eat breakfast daily if their parents ate breakfast daily.** Parental rules regarding the morning meal also played a key role in getting kids to eat breakfast regularly. *Source: The Philadelphia Inquirer.*

According to a study from the USDA and Kellogg's, **kids who eat breakfast are less likely to become obese**, even if their breakfast of choice is cereal. In the study, 22 percent of breakfast skippers were obese, compared to 15 percent for cereal eaters.

**The products consumed most frequently for breakfast in the home (in order) are coffee, cold cereal, fruit juice, milk, bread, fruit, eggs, hot cereal, bacon and hot tea.**

[http://mrbreakfast.com/glossary\\_term.asp?glossaryID=152](http://mrbreakfast.com/glossary_term.asp?glossaryID=152)

### BACKPACKS : 4 Steps to Safe Backpack Use

Below are helpful tips to insure you know how to safely use your backpack in order to promote spinal health.

**Step 1: Choose Right. Step 2: Pack Right.**

**Step 3: Lift Right. Step 4: Wear Right.**

<http://www.backpacksafe.com/topic.asp?pid=9>