

FRANKFORT SCHOOL DISTRICT 157-C

WELLNESS WEEKLY

MIND-BODY CONNECTION

This week we wanted to focus on the importance of maintaining a mind-body connection through:

- Sleep
- Exercising
- Family Togetherness

According to the National Sleep Foundation, there are three specific activities that are scientifically proven to help you get better sleep. They consist of cardio/aerobic exercise, strength training and yoga.

The American Academy of Pediatrics recommends children get the following amounts of sleep:

Infants under 1 year: 12-16 hours

Children 1-2 years old: 11-14 hours

Children 3-5 years old: 10-13 hours

Children 6-12 years old: 9-12 hours

Teenagers 13-18 years old: 8-10 hours

Why is sleep important?

It promotes a healthy brain, helps your child to grow, helps in maintaining normal weight, helps to fight off infections, helps with focus and concentration

What are symptoms that may suggest your child or teen is having difficulty sleeping?

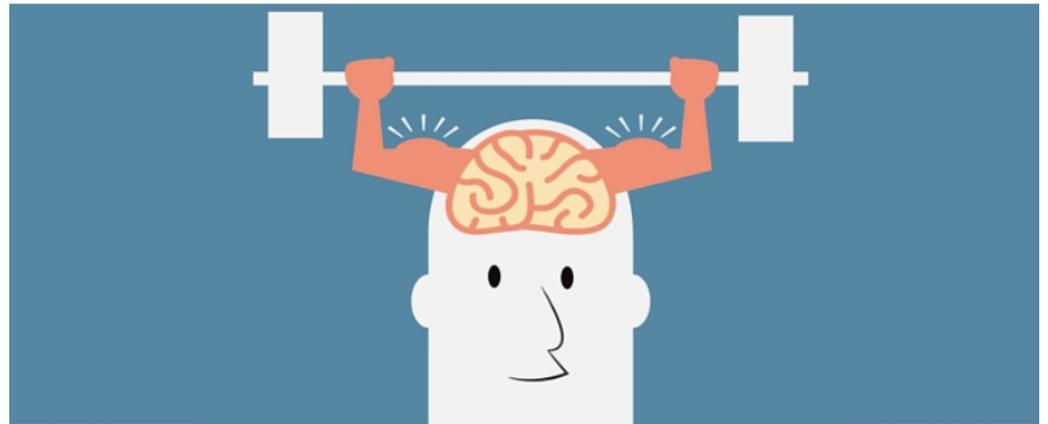
Difficulty going to sleep, frequent night awakenings, nightmares and sleep terrors

Children who do not get enough sleep are likely to:

Feel tired and sluggish, have difficulty focusing on their schoolwork, be irritable or emotional

COVID-19 IMPACT

Good sleep hygiene can actually help your immunity. With sleep deprivation, your body makes fewer cytokines, a protein that targets infection and inflammation. If your sleep schedule is interrupted by a busy workweek from or other factors, try to make up for the lost rest with two short naps (not longer than 30 min each) in the morning and afternoon. This helps decrease stress and offset negative effects sleep deprivation has on the immune system.



HEALTHY HABITS

Establishing a consistent bedtime routine is important. The routine should ideally start at the same time every night. As soon as the sun goes down, start to “wind down” the household.

- Dim the lights
- Stop use of electronics/screens at least an hour before bed
- Limit caffeine
- Take a warm bath
- Do a quiet family activity such as reading a short book
- If your child wakes up during the night, walk them back to their room with as little commotion as possible
- Set a wake-up time for when the child is allowed to leave his or her room. The child can play quietly until that time if desired.

[Brush, Book, Bed Routine](#)

[Sleep Tips for Your Family's Mental Health](#)

[Calm App](#)

[Simple Stretches to Ease Quarantine Aches & Pains](#)

Tips to Balance Your Mind, Body & Soul

Exercise your body; Meditation; Keep a journal; Read a book or a magazine; Call an old friend; Schedule time for yourself; Unplug from technology; Take a pre-made meal to eat for lunch; Get enough sleep; Make your weekend about you, not work; Get outdoors as much as possible