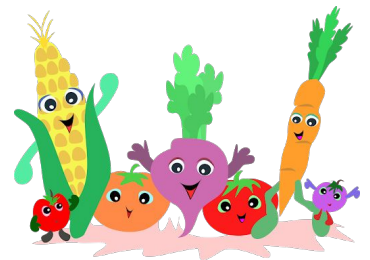


# NUTRITION &



# SLEEP

Tips for a balanced breakfast on the go and just how much sleep children need to be successful.

The National Sleep Foundation claims poor or inadequate sleep, can lead to mood swings, behavioral problems such as ADHD and cognitive problems that impact negatively on their ability to be successful in school. Stress and anxiety can cause sleeping problems, or worsen existing ones. But lack of sleep can also cause an anxiety disorder. **TIPS GETTING YOUR CHILD TO BED:** • Stick with a schedule • Learn relaxation strategies • Establish bedtime rituals • Be willing to talk through their concerns/fears/thoughts.

## SIMPLE BREAKFAST RECIPES

Think multigrains, plus dairy, plus fruits. For example:

- ★ Granola cereal, yogurt, sliced apple
- ★ Scrambled eggs, whole-grain toast, orange
- ★ Whole-grain pancakes or waffles topped with berries and/or yogurt, milk

### \*Kid-friendly breakfast parfait\*

Ingredients:

- Plain or Greek yogurt of choice sub coconut yogurt for vegans
- Fresh or thawed berries washed and chopped
- Finely chopped nuts such as walnuts
- Crushed graham crackers optional
- Honey maple syrup or fruit preserves (optional)

Instructions:

1. Set out the ingredients in medium sized bowls & let each child pick which items they want
2. Together, layer each item into small bowls or cups
3. Enjoy

## HOURS OF SLEEP BY AGE



Wake up time						
Age	5:45AM	6:00AM	6:30AM	7:00AM	7:15AM	7:30AM
Bedtime						
5	6:30PM	6:45PM	7:15PM	7:30PM	8:15PM	8:30PM
6	6:45PM	7:00PM	7:30PM	8:00PM	8:15PM	8:30PM
7	7:00PM	7:15PM	7:30PM	8:15PM	8:30PM	8:45PM
8	7:15PM	7:30PM	8:00PM	8:30PM	8:45PM	9:00PM
9	7:30PM	7:30PM	8:15PM	8:45PM	9:00PM	9:15PM
10	7:45PM	8:00PM	8:30PM	9:00PM	9:15PM	9:30PM
11	8:00PM	8:15PM	8:45PM	9:15PM	9:30PM	9:45PM
12	8:00PM	8:15PM	8:45PM	9:15PM	9:30PM	9:45PM

Source: National Sleep Foundation

Research shows that students who eat breakfast perform better in exams. It is important to understand, **protein** promotes alertness in the brain, simple Carbohydrates do the opposite, **MULTIGRAINS** are key.. And artificial colors and flavors are even worse. Steer away from cereals such as Fruity Pebbles, they are detrimental for your child with ADHD.

# The Importance of Nutrition & Sleep Before Tests

The better you want your brain to perform, the more unprocessed foods, proteins, vegetables, and fruits you should eat. In the *Journal of Attention Disorders* in 2010, showed that a Western diet — processed meats, fast foods, high-fat dairy products, and sugary foods — doubled the risk of having an ADHD diagnosis, compared with a healthier diet.

## Which foods will help you focus?

### Whole grains

Slow-release carbohydrates such as whole grain bread, wholemeal pasta, brown rice and porridge or oatmeal help keep blood-sugar levels stable, preventing dips in concentration and brain power. Research indicates only 17% of adults and 6% of children are eating enough whole grains. Some whole grains, including wheat, are a good source of zinc, and *zinc deficiency in children is associated with hyperactivity*. Oatmeal is a type of porridge, and the two terms are often used interchangeably, but not all porridge is made from oats. A porridge is a hot cereal that can be made from a variety of grains, vegetables or even some legumes.

### Good fats

In the West we eat far too much Omega-6, found in vegetable and seed oils, and too little Omega-3 (which is important for brain power), found in oil-rich fish, seafood. Other healthy fats are avocado, cheese, and dark chocolate. It is important to limit your Omega-6 consumption.

### Protein

Oil-rich fish and seafood are important for brain health and concentration. About 8% of the brain is comprised of Omega-3 fats, and we should eat a portion of Omega-3-rich foods at least 2 days a week. It's condensed in salmon, fresh tuna (not canned), trout and mackerel; even fish fingers contain some. Supplements may be considered, especially during upcoming tests/exams. Chia & Flax seeds are a source of Omega-3's; these are easily mixed into a fruit smoothie or a breakfast parfait or overnight oats. Young women may benefit from boosting their iron with red meat.

### Fruit

Fiber slows down digestion and so causes energy in food to be released into the body more slowly; apples, pears, raspberries and bananas are good sources. Try sprinkling frozen berries or dried fruit on to porridge or oatmeal. Vitamin C is needed for your immune system, and is found in fruit and vegetables; oranges and kiwi fruit are particularly good sources.

### Vegetables

Vegetables contain fiber, which slows down digestion as well, causing energy in food to be released more slowly. This will help to avoid energy peaks and slumps. Good sources of fiber include carrots and broccoli. The nutrient Iron is key during exam time because a deficiency (identified in over 40% of teenage girls) leads to tiredness and lack of focus; dark leafy greens are a source.

### Foods to Avoid:

Avoid foods and drinks with caffeine, such as tea, coffee, cola and chocolate for at least four hours before going to bed and the morning of the testing day. These substances will naturally raise your state of alertness, which will look/feel like anxiety. Avoid sugar and heavy meals too close to bedtime can interfere with sleep, so try to have your last meal at least three hours before you go to bed.