



Children's Treatment Network

Building Brighter Futures Together

Preparing your Child for a Successful Day at School

SLEEP

Children need proper amount of sleep to learn. This can be very different from what adults need. Use the chart to help plan bedtimes and make sure your child is getting enough sleep to be at their best at school.

Recommended Amount of Sleep for Pediatric Populations*

| Age | Recommended Sleep Hours per 24 Hour Period |
|-------------------------------|--|
| Infants: 4 to 12 months | 12 to 16 hours (including naps) |
| Toddlers: 1 to 2 years | 11 to 14 hours (including naps) |
| Preschoolers: 3 to 5 years | 10 to 13 hours (including naps) |
| Gradeschoolers: 6 to 12 years | 9 to 12 hours |
| Teens: 13 to 18 years | 8 to 10 hours |

NUTRITION

Nutrition is very important for success at school. According to the Centers for Disease Control and Prevention, skipping breakfast has been linked with decreased alertness, attention, memory and problem solving. Research also shows an unbalanced diet is connected to overall lower grades. Help your child to reach their potential at school by starting their day with breakfast. Make sure they also have access to healthy foods throughout the school day. For more information visit the [Canadian Food Guide](#).

EXERCISE

Children need to move and play every day. Sitting in a classroom can be very hard for some children. Make sure your child gets exercise every day to help them cope better in the classroom. Visit the [Canadian Physical Activity Guidelines](#) to learn about the recommended amount of activity by age. Have your child participate in organized sports and activity programs. It is also important for children to have less formal opportunities that allow them to run and play. Check out "[Child's Play: Rediscovering the Joy of Play in our Families and Communities](#)" by Olympian Silken Laumann for ideas.

SCREEN TIME

Screen time is the amount of time spent on TV, movies, computers, tablets, etc. It is important to be aware of the amount of time that your child is spending on screens. Too much screen time can impact their sleep. Screens should be turned off at least one hour before bed as it can make it more difficult for your child to fall asleep. Additionally, it prevents your child from getting the proper amount of physical activity. Here is the Canadian Pediatric Society's recommendations.

| AGE | RECOMMENDED SCREEN TIME |
|------------------------|-------------------------|
| Children under 2 years | No screen time |
| Children 2 – 5 years | Maximum 1 hour/day |
| Children 5 – 11 years | Maximum 2 hours/day |

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