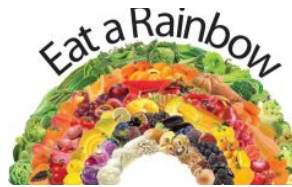


## Back to School Basics

A CONSISTENTLY  
CONSISTENT ROUTINE  
IS VERY HELPFUL FOR  
PARENTS AND HEALTHY  
FOR CHILDREN



RIGHT AMOUNT OF  
SLEEP  
CAN CURE A LOT OF ILL  
BEHAVIOR



OF NUTRITIOUS  
COLORFUL FOODS  
EVERYDAY



THE RIGHT AMOUNT OF  
EXERCISE  
CAN RELIEVE STRESS  
IN CHILDREN

# BACK TO SCHOOL NEWSLETTER

## Four Back to School Basics

The new school year is upon us. Feelings can be ambiguous for parent and child. A change in daily activities from summer fun to school routine, including some homework, a bit of social anxiety/expectations - with joys and disappointments, and a good dose of struggles and successes. There are a few things parents should keep in mind to ensure the academic, emotional and physical wellbeing of your school age children from elementary to high school. These four points, if managed properly can help parents feel more confident in their parenting skills. The brain likes routine and kids especially find comfort in predictability and routine. So be **consistently consistent** with these four rules and expectations, and parenting can be much easier and smoother.



## The Right Amount of Sleep

After the relaxed bedtime rules during the summer, it is important to re-establish an earlier bedtime to ensure the **right amount of sleep. We can't change the time school starts, but we can be in charge of the evening routine**

"Early to bed and  
early to rise, makes a  
man healthy wealthy  
and wise" ~Benjamin  
Franklin

**and bedtimes.** And what is the right amount of sleep for your child, and why is it that important? I know, and the literature supports the notion that children's behavior, mood, and attention are directly impacted by the amount of sleep they get on a nightly basis. Studies show that sleep deprived teens engage in more risky behaviors, [Sleep Deprivation and Behavioral Problems](#).

Electronic gadgets can interfere with the onset of sleep and the amount of sleep, it is recommended that children not be connected to these devices for the two hours prior to bedtime. It is known that these devices' blue light interferes with the production of melatonin that helps with the onset of sleep. **Click** [Sleep Onset in Children](#) So, if the onset of sleep is disturbed, then the right amount of sleep is not attained; which puts your children at risk of mood changes, irritability, and lack of focus and concentration. Click this link to see how much sleep your child really needs: **Click** [How Much Sleep Do I Need?](#)

Of course it is important that children develop the ability to fall asleep on their own and in their own bed. Many parents struggle with this - and many times the children are winning the battle. Again, it comes down to what you believe in - is it important for my child to develop this skill and sleep in their own bed and manage the onset of sleep themselves? Or am I just too tired and they will figure it out or it will work itself out later? This is probably not the best approach. Your child will need guidance and your approach needs to be consistent. Questions about how to manage these difficult issues? Please contact me for a consultation.

*Get the right amount of sleep, eat healthy brain foods and exercise daily!*



**"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise." ~Mike Adams**

## Eat the Rainbow of Nutritious Foods Everyday

Many times parents complain about their child only eating a “white diet” which consists of pasta, and more pasta, and pizza and chicken nuggets, and rice, and lots of milk. Vegetables and fruit are almost non-existent. More times than not this type of diet is just a bad habit that has formed due to parent anxiety about their child not eating. The child has preferences and will only eat... The parent then panics and gives in to the child - fearing that the child will starve and somehow the parent will be responsible for neglect! After the pediatrician has checked to make sure that this food issue is not medically related, the parent must believe that the human species is about survival, and the child will eat a healthy balanced diet and have a healthy relationship with food, and will eat the family meal when they are hungry. Trust in your parenting instincts - healthy foods and mealtime should not be traumatic to kids. Sure pasta, rice and chicken nuggets are food, but are they foods to sustain a healthy brain and developing body? Not hardly! It is well known that we have an obesity epidemic in this country and especially with children. It is a true alarm for concern. Eating healthily and having a healthy relationship with food is the best way to combat that epidemic. The **Eat Right** campaign is trying to educate about the rainbow of foods to which we should be exposing our children. Click this link to find more: Click: [Eat Right Campaign](#)

Please contact me if you have questions about the behavioral issues with you household regarding a healthy relationship with food and healthy eating habits.

## The Right Amount of Exercise

Devices of all kinds now make us more sedentary than ever before. This is not particularly good news for children and parents as we try to weight the value and benefits of exposure and use of this incredible technologies. However, the cost/benefit of this technology on developing kids is likely to be studied for a long time. The American Heart Association has guidelines for children regarding **daily** physical activity at: [Heart.Org Healthy Kids](#).

## Ability to Handle Age Appropriate Demands

Emotional intelligence has long been understood as a trait that is as important, if not more important than academic intelligence. How a child handles themselves when faced with life's demands is critical to their healthy development. So, as parents, we see the demands of school, social groups, homework, chores, family obligations, athletics and more on our children and should monitor how are they handling these demands. We want them to be able to handle age appropriate demands with age appropriate responses. A demand and the response to that demand will be different, as expected for the 5 year old as it is for the 10 year old. But imagine the 5 year old acting like a 2 year old, and the 10 year old acting like a 5 year old. Would and should not be tolerated. As the parent we may need to modify our children's behavior sometimes and their ability to submit to the parent's demands, boundary/limit setting, and their ability to handle that well and change behavior for the common good of the household community is an important life skill and emotional intelligence marker.

Rules are a part of life in a civilized society, in the home and at school. If a child attends school without having a solid foundation of appropriate limit setting and boundaries about what is right and wrong and tolerate the frustration, then school demands and social demands are likely to be difficult and frustrating.

Being consistently consistent with good and firm boundaries and limits for the right amount of sleep, healthy balanced diet that includes the rainbow of food colors, good daily exercise and ability to handle age appropriate demands help children grow in a healthy way that prepares them to absorb everything school has to offer and build good habits for life.

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