

HYCHE CENTER

Parent's June Newsletter

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Nutrition

Nutrition can be hard to figure out, especially portion control. Here are some tips on a single serving size:

- Fist full of veggies
- Palm size of protein
- Cupped hand of carbs
- Thumb of fat

Sleep

Preschoolers (3-5 yrs) need between 10-13 hours of sleep per night and school-age children (6-13 yrs) need between 9-11 hours of sleep. Here are 3 good tips:

- Stick to the same bedtime and wake time every day!
- Beds are for sleeping. Try to use your bed only for sleeping.
- A comfy, cozy room. A child's bedroom environment should be Cool, Quiet, and Comfortable.

Follow through

You ever ask your child to do something like clap and they turn in a circle instead? It is actually better for them (and you in the long run) if you follow through and get them to clap. Of course, you may need to help them, but the follow-through process is necessary with all things.

H.E.A.P

H.E.A.P is a Home Exercise and Activity Program. Here is a take-away activity you can try at home.

- **Animal walks**

Practice the walk and say the sound the animal makes

- **Coloring**

Practice staying in the lines or see who can make the most creative picture.