

October 2014

# Kindred *Spirits*

## Help kids succeed with sleep

### Lack of sleep can impair student performance

#### Sleep Healthy

While individual needs vary, kids age 5-12 usually need 10-11 hours of sleep per night - adolescents usually need at least 9 hours.

Inadequate sleep may contribute to:

- ◆ Problems paying attention
- ◆ Academic problems
- ◆ Irritability
- ◆ Depression
- ◆ Increased susceptibility to injury

Is your child getting enough sleep? Are you?

Helping your children (and you) get adequate sleep each night will help set them up for success!

*MU Extension contributors:*

*Marsha Alexander, Melissa Bess, Dr. Nina Chen, Saralee Bury Jamieson, Damaris Karanja, Susan Mills-Gray, Diana Milne, Linda Rellergert, Tammy Roberts, Lisa Wallace, and Megan Webb.*

We all want our kids to do well. We want them to behave for us and for teachers or childcare providers. We want them to perform well in school.

We want them to be pleasant and make friends, and we want them to do well in extra-curricular activities such as sports or music.

Are we giving them all the tools they need? The first tools that come to mind may be a good breakfast; exercise; or a loving, supportive home.

We may think of things like a check-up with the family physician, a visit to the eye doctor and dentist before the school year starts, or even purchasing school supplies. But is your child getting enough sleep?

According to Megan Webb, MU Extension nutrition and health education specialist, "Many studies have shown that lack of adequate sleep can impair student performance. This can include academic difficulty and attention problems."

Lack of sleep has also been linked to an increased risk for

sports-related and other injuries. For teens that drive, lack of sleep can contribute to the likelihood of an automobile accident.

So, how much sleep should kids be getting? Most kids between ages five and twelve need ten to eleven hours of sleep per night.

Adolescents usually need at least nine hours of sleep. Adults typically need at least seven hours of sleep.

Sleep needs do vary depending on the individual — an individual child, adolescent, or adult may need more or less sleep than is listed.

Are you and your kids getting enough sleep? One great way to find out is to keep a sleep journal. Write down how long you slept, if you fell asleep easily, did you feel refreshed in the morning, how did you feel during the day?

Tracking how you sleep versus how you feel during the day can be the first step toward healthy sleeping.

Good sleep is just as important as good nutrition and good exercise.

# Save Energy, Save Money

## Teach your children to save energy

Help your child recognize energy wasters in the home

It's important to teach your children at an early age the importance of energy conservation.

Saving energy results in saving money. Small changes can have big energy savings results.

For example, in the winter, setting the thermostat to 68°F while you're awake and setting it lower when asleep or away from home, will result in energy savings.

Studies completed by the United States Department of Energy indicate that turning your thermostat

back 10° to 15° for 8 hours, can save 5% to 15% a year on your heating bill -- a savings of as much as 1% for each degree if the setback period is eight hours long.

Another energy saving strategy to teach kids is turning off the lights when they are not needed. Make it a game; as you sit down to eat, send the kids through the house to turn all the lights off that were left on.

Searching for other resources on energy savings? The public utility companies and libraries in your community have helpful resources.

There are also many useful online resources available to instill good energy saving practices with young children. According to Marsha

Alexander, MU Extension housing and environmental design specialist, "One online resource that is particularly helpful with children is [www.energyhog.org](http://www.energyhog.org). There are many fun games and activities available."

According to Alexander, another good online resource geared specifically for children can be found at [www.eia.gov/kids/](http://www.eia.gov/kids/).

There are numerous easy, low-cost, no-cost strategies for saving energy that can be taught early.

Set a good example for your children. Reinforce positive ways that saving energy not only saves money but also helps to preserve our environment.

### University of Missouri Extension

#### Urban Region

Clay County	816.407.3490
Jackson County	816.252.5051
	816.482.5850
Jefferson County	636.797.5391
Platte County	816.270.2141
St. Charles County	636.970.3000
St. Louis City	314.367.2585
St. Louis County	314.615.2911
	314.516.6392

#### West Central Region

Bates County	660.679.4167
Benton County	660.438.5012
Camden County	573.346.2644
Cass County	816.380.8460
Cedar County	417.276.3313
Cooper County	660.882.5661
Dallas County	417.345.7551
Henry County	660.885.5556
Hickory County	417.745.6767
Johnson County	660.747.3193
Laclede County	417.532.7126
Moniteau County	573.378.5358
Morgan County	573.378.5358
Pettis County	660.827.0591
Polk County	417.326.4916
St. Clair County	417.646.2419
Vernon County	417.448.2560

## Dairy important for good health

Getting enough dairy products is vital to both children and adults.

Younger children need the nutrients from dairy foods to build their bones and teeth during bone building years. Adults need dairy products to maintain bone mass, keep teeth healthy, as well as other body functions.

According to Melissa Bess, MU Extension nutrition and health education specialist, "Children 2-3 years old need 2 cups of dairy products daily and children 4-8 need 2.5 cups daily. Children 9 and up and adults of all ages need 3 cups of dairy foods daily."

It is best to consume fat-free or low-fat (1%) milk and dairy products (cheese, yogurt) to get the vitamin D, calcium, protein, and other nutrients for health.