

# Home Page

Eat Well Play Hard with Day Care Homes  
Family Newsletter

## Healthy Kids Need Their Zs

Scientific studies have shown that children who don't get enough sleep are at risk for being overweight. And everyone needs enough sleep in order to have energy to play, learn, and work throughout the day!

### Children who get enough sleep are:

- More alert
- Able to play and learn better
- Less moody

### How much sleep does my child need?

Below is a chart of recommended amounts of sleep. For children up to 5 years old, this time may include naps.

Age	Hours of Sleep
1-3 years	12-14
3-5 years	11-13
5-12 years	10-11

Source: National Sleep Foundation,  
[www.sleepforkids.org](http://www.sleepforkids.org)

### Help Your Child Get Enough Sleep

Children thrive on routine. Have the same bedtime every night. Here is an example of a **bedtime routine** that will help your child relax, fall asleep, and sleep through the night.

1. Have a light snack if your child is hungry.
2. Take a bath.
3. Put on pajamas.
4. Brush teeth.
5. Read a bedtime story.
6. Tuck your child in.
7. Say goodnight and leave the room.

Make sure your child's bedroom is "sleep-friendly." The bedroom should be quiet, dark, not too warm and without a TV.

Source: National Sleep Foundation,  
[www.sleepforkids.org](http://www.sleepforkids.org)



## Tips for Getting a Good Night's Sleep

Getting enough sleep isn't just kid stuff. Grown-ups need about 7 to 8 hours of sleep per night. Lack of sleep has been linked with overeating and overweight in adults. Drowsing driving is also a major cause of car accidents.

- **Go to bed at the same time every night**, and get up at the same time every morning. You will fall asleep easier and wake up refreshed.
- **Avoid caffeine for several hours before bed.** Caffeine is in coffee – but it is also in soft drinks, chocolate, tea, and cocoa. Avoid alcohol before bed too. It leads to less restful sleep.
- **Make the bedroom sleep-friendly.** Take the TV and computer out of the bedroom. Keep the room quiet and at a comfortable temperature.
- **Avoid watching television before bed.** TV viewing before bed can make it hard to fall asleep and to stay asleep.

**Share one of these muffins with your child as a light bedtime snack. Great for a quick grab-and-go breakfast, too!**

### Banana Oatmeal Muffins

Yield: 10 muffins

Serves: 10 adults

#### Ingredients

2-3 mashed ripe bananas (1 cup)  
2 tablespoons vegetable oil  
1 large egg  
1/4 cup low-fat milk  
1 teaspoon vanilla extract  
3/4 cup flour

3/4 cup quick-cooking oats  
1/4 cup sugar  
1 tablespoon baking powder  
1 teaspoon cinnamon  
1/4 teaspoon salt  
vegetable cooking spray



#### Steps

1. **Preheat oven to 350 degrees.**
2. Spray 10 muffin cups with cooking spray.
3. **Peel bananas and place them in a medium-size bowl.**
4. **Mash bananas with a fork.**
5. Add vegetable oil, egg, low-fat milk and vanilla to the mashed banana and mix well.
6. **Add flour, oats, sugar, baking powder, cinnamon and salt to the banana mixture.**
7. Mix quickly and lightly. Do not beat. The batter will be lumpy.
8. Spoon about 1/4 cup of batter into each muffin cup.
9. Bake for 12 to 15 minutes. Insert a wooden pick in the center of a muffin. If it comes out dry, the muffin is done.
10. Run a butter knife around the outside edge of each muffin to loosen, and lift out.
11. **Enjoy.**

**Have your child help you do the bold steps.**