

Promoting Healthy and Resilient Children Who Are Prepared for Life

What the Research Tells Us



The Power of Family Dinners

There are many benefits when families eat together at the dinner table – without the use of TVs, iPads, or phones. Regular family dinner times are associated with better parent-child relationships, improved school performance, and positive social-emotional outcomes for children.

For more information visit: www.thefamilydinnerproject.org



Sleep Matters

Sleep plays a crucial role in brain development. Research shows that enough sleep boosts alertness and attention, mood, resiliency, learning and memory. Maintaining a regular sleep schedule, even on weekends, is recommended.

The American Academy of Pediatrics recommends 9-12 hours of sleep for children ages 6 to 12 years old.

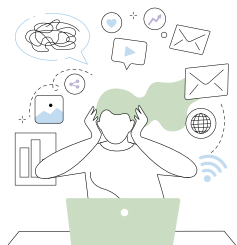
For more information visit: www.aap.org



Reading To/With Your Child Has Many Positive Results

Parent involvement with reading activities, even reading together 20 minutes a day, can have a positive impact on reading ability, oral language skills, a child's interest in reading, and concentration in school.

For more information visit: www.childmind.org



Too Much Screen Time Can Be Damaging

It is strongly recommended that parents create screen time rules. There can be negative effects if children use screen time excessively, including sleep problems, less school success, problems with social-emotional development, depression and anxiety, and weight gain. According to the American Academy of Pediatrics, there's no magic number that's just right for every elementary-age child. Parents should consider the benefits of educational content and balancing time with healthy non-screen activities. **PARENTS CAN BE IMPORTANT MODELS FOR GOOD SCREEN TIME BEHAVIOR!**

For more information visit: www.aap.org



Physical Activity Is Vital

Besides promoting fitness and health, regular physical activity can improve children's brain function, capacity to learn, and decrease depression and anxiety. The recommended American Academy of Pediatrics Guidelines for children and teens, ages 6 through 17 years, is 60 minutes or more of moderate-to-vigorous physical activity daily. It can be a full 60 minutes or shorter segments.

For more information visit: www.aap.org





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PROTECTING YOUR CHILD FROM ALCOHOL, MARIJUANA, VAPING, OR OTHER DRUG USE NEEDS TO START EARLY!

The American Academy of Pediatrics advises parents to talk with their children about the dangers of drugs (alcohol, marijuana, vaping, etc.) to prevent later drug use.

IMPORTANT INFORMATION FOR PARENTS

The brain continues developing until the mid-20s.

Research tells us that Alcohol and Marijuana use and Vaping can damage the developing brain, creating problems with learning, memory, emotional well-being, and can result in addiction.

Talk with Your Children about the dangers of Vaping & Alcohol & Marijuana Use.



Ask: When do you think your brain stops growing? **Listen.**

Inform: Your brain keeps growing until you are about 25 years old.

Ask: What do you think can happen to children or teenagers if they use alcohol, vape, use marijuana or other drugs? **Listen.**

Inform: If children or teens use alcohol or those other drugs, they can have trouble learning in school and focusing on schoolwork. They might feel depressed or anxious. Alcohol and other drugs hurt the brain and the body. You matter to me and I don't want you to use them.

Take advantage of TEACHABLE MOMENTS – Passing billboards advertising marijuana, observing others vaping and smoking in the community, watching TV shows and movies, and listening to music. Use those opportunities to talk with your children/teens.

TALK EARLY! TALK OFTEN!



TIP: *Briefer, more frequent talks are more effective than one long conversation.*

FOR MORE INFORMATION VISIT:

www.samhsa.gov/substance-use/prevention/talk-they-hear-you/parent-resources/talk-with-your-child



SAMHSA
Substance Abuse and Mental Health
Services Administration

cvcoalition.org



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