

10 NEEDS

for a Healthy Childhood and Educational Experience

1: Proper Nutrition

A good, hot, nutritious breakfast every day before school. Breakfast, snack and lunch should contain lots of protein, and no sugar or food additives.

2: Adequate Sleep

Be in bed no later than 8:00 PM on school nights. Most young children still need 10 to 12 hours of sleep each night.

3. Minimal Media

No computer, TV, video games or other screen time on Sundays through Thursdays. No murder, mayhem or adult movies or videos on the weekend, ever.

4: Quiet Time

Provide some daily quiet time, without radio, CDs or tapes. Give your child the gift of silence.

5. Time in Nature

Spend some time in nature every day. Experience the weather; pay attention to the seasons, moon, stars and sky.

6. Chores at Home

Assign some responsibilities for taking care of the home, pets and yard.

7. Appropriate Dress

Pay attention to keeping your child warm and dry while at school, especially their feet.

8. Cultivate Reverence

All spiritual traditions offer practices that help develop the reverence for life that supports home, school and community relationships. If need be, create your own.

9. Support Your Child's Education

Help develop healthy homework habits, participate in school activities, and communicate honestly about your concerns with your child's teachers.

10. Support the Class Community

Get to school on time. Plan vacations during breaks. Support the class code of conduct. Children need shared values and alignment among their adult role models.

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