

10 Needs for a Healthy Childhood and Educational Experience

- × 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.
- × Adequate Sleep –
Be in bed no later than 8:00 pm on school nights. Most young children still needs 10-12 hours of sleep per night.
- × Minimal Media –
No computer, TV, video games or other screen time.
- × Quiet Time –
Provide some daily quiet time, without radio, CDs, or tapes. Give your child the gift of silence.
- × Time in Nature –
Spend some time in nature every day. Experience the weather, pay attention to the seasons, moon, stars, and sky.
- × Chores at Home -
Assign some responsibilities for taking care of the home, pets and yard.
- × Appropriate Dress -
Pay attention to keeping your child warm and dry while at school, especially their feet.
- × 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.
- × 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.
- × 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.

- This is taken from Victoria Temple, Spiral Arts