

PREPARE FOR

.....

BACK TO SCHOOL

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Resources to help parents prepare their
kids for optimal performance



Prepare for Back to School!

Summer is a great time to relax, connect, and keep your children healthy and fit! It also provides the opportunity to help your children stay engaged in activities they love, explore new things, and create new habits. Before you know it, everyone will be preparing for the new school year. This toolkit helps you understand the basics of good sleep, activity, and nutrition to help your children grow, have good health habits, stay physically fit to live long, healthy lives and be prepared to go back to school!

The Performance Triad combines **Sleep, Activity,** and **Nutrition** to help members of the Total Army Family perform at their best – in school, at work, and everywhere in between! Practicing the Performance Triad as a family will help you work toward your goals for healthy living, while also teaching your kids healthy habits that will follow them into adulthood. Build a strong and happy family through healthy living!

This toolkit provides Army parents with resources to help their children perform at their best. Resources include:

- **Fact Sheets**
(all fact sheets are available in English and Spanish)
- **Refrigerator Magnets**
- **Posters**



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION.
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)

Fact Sheets

Nutrition

Performance Triad Nutrition Fact Sheet

Improve Your Child's Health Through Good Nutrition!

FACT: Nutrition is directly linked to school performance. Studies have shown that kids who eat a well-balanced breakfast AND who eat better in school. Kids who eat breakfast have more energy throughout the day, have improved concentration, get better grades, and maintain a healthy weight.

FACT: Eating regular meals helps to maintain and sustain physical and mental energy and assists with good behavior throughout the day to help kids do well in school.

- Select calcium-rich foods such as milk, yogurt, or soy milk.
- Select foods low in saturated fat, trans fat, cholesterol, salt (sodium), and added sugars.

MyPlate helps individuals use the Dietary Guidelines for:

- Make smart choices from every food group.
- Eat a balance between food and physical activity.
- Eat the most nutritious diet of calories.
- Stay within daily calorie needs.

*The Dietary Guidelines and MyPlate recommendations are appropriate for the general public over 2 years of age.

BECOME A MyPlate CHAMPION FAMILY!

Pledging to be a MyPlate Champion family is a promise to eat healthy and be active every day. Here are some ideas for kids, eating at school.

- Eat more fruits and vegetables. Make half your plate fruits and vegetables every day!
- Try whole grains. Look for oatmeal, whole-wheat breads, or brown rice at meals.
- Reduce your drinks. Drink skim or 1% milk or water instead of sugary drinks. Limit fruit and pop to once a day instead.
- Focus on lean protein. Choose protein foods that are fish, lean meats, and tofu.
- Slow down on sweets. Eat sweets, like cakes or cookies, once in a while and in small amounts.
- Be active your day. Find ways to exercise and be active for at least 1 hour a day by walking to school, riding your bike, or playing a sport with friends.

WHERE TO START:
Dietary Guidelines for Americans and MyPlate (<http://www.choosemyplate.gov>)

The Dietary Guidelines for Americans describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and lean protein.
- Limit protein that can be poultry, fish, beans, eggs, and nuts.

LEARN MORE ABOUT THE PERFORMANCE TRIAD: WWW.PJRM/PERFORMANCE.MIL

Improve Your Child's Health through Good Nutrition!: Outlines the role of good nutrition for overall health and provides tips for creating a healthy diet. English/Spanish

Nutrition

Performance Triad Nutrition Fact Sheet

Better Nutrition = A Better Student!

Begin with breakfast!

Kids who eat breakfast:

- Have more energy throughout the day.
- Concentrate better.
- Get better grades.
- Make smart choices from every food group.
- Eat a balance between food and physical activity.
- Eat the most nutritious diet of calories.
- Stay within daily calorie needs.

More fruits and vegetables improve health and school performance! Children and teens should fill 1/2 of their plate with fruits and vegetables at each meal.

- Provide essential vitamins and minerals.
- Lower risk for chronic diseases.
- Help kids maintain a healthy weight.

Critical nutrients young athletes need plenty of!

- Calcium
- Iron
- B Vitamins
- Zinc

Good Nutrition Fuels your Kids' Sports and Activities!

30-40 million kids in the US play at least one type of sport. Active children need enough calories and nutrients to support growth and development and their working muscles. Plan meals during the day that focus on healthy carbohydrates and lean protein. Then round them out with fruits and vegetables. Find tips and ideas at: <http://bit.ly/1jv0m0q>

Be a MyPlate Champion Family!

Pledging to be a MyPlate Champion family is a promise to eat healthy and be active every day.

As a MyPlate Champion Family, I pledge to:

- Eat more fruits and vegetables.
- Choose low-fat milk or water over sugary beverages.
- Drink or choose lean protein.
- Be active at least 1 hour a day.

LEARN MORE ABOUT THE PERFORMANCE TRIAD: WWW.PJRM/PERFORMANCE.MIL

Better Nutrition = A Better Student!: Provides facts and tips for improving your child's health through good nutrition. English/Spanish

Caffeine

Performance Triad Nutrition Fact Sheet

CHILDREN AND CAFFEINE

Perform your best in school and activities WITHOUT Caffeine!

Did You Know?

- Caffeine is found in three types of drinks: regular and diet sodas, coffee and coffee beverages, tea, and energy drinks.
- Not much caffeine may harm your child's growth and development. Medical studies have shown that caffeine affects the development of a child's oxygen-carrying capacity and mental alertness.
- Like adults, children who regularly consume caffeine can become dependent on and addicted to caffeine.
- Consuming a lot of may be toxic to children and can lead to caffeine abuse.
- Many caffeinated beverages may have high fructose corn syrup, which may not change your diet but can be harmful to children and young adults.
- Caffeine can raise a child's heart rate and blood pressure. It can also cause headaches, upset stomachs, dizziness, and nervousness.
- Children can also have difficulty sleeping and concentrating from taking in too much caffeine.

Overdoing it on caffeine is easy especially since the common use for many beverages containing caffeine are at 16 ounces. The fat factor provides common sources of caffeine and the caffeine content per serving. For more information go to <http://bit.ly/1jv0m0q>.

BEVERAGE	CONTAINING 16 OZ SERVINGS
Energy Drink (16 oz serving)	200
Soft Drink (16 oz serving)	35
Energy Drink (8 oz serving)	100
Soft Drink (8 oz serving)	17
Energy Drink (4 oz serving)	50
Soft Drink (4 oz serving)	8
Energy Drink (2 oz serving)	25
Soft Drink (2 oz serving)	4

Caffeine tips and recommendations for children

- The best beverages for children are water and low-fat/low-sodium milk. Diluted 100% fruit juice or a low-sugar carbonated beverage.
- Caffeine offers no health benefits to children and can be harmful. We strongly encourage you to decrease all caffeine-containing beverages from your child's diet, especially energy drinks.
- Instead of coffee, allow caffeine-free tea.
- Be a role model. Minimize or eliminate caffeine and beverages from your own diet.
- Educate children on the dangers of both caffeine.
- Caffeinated beverages are caffeine packed, contain sugar and offer no real nutritional value.
- What's without a head?
- You can offer children caffeine free sodas as an occasional treat.
- Chocolate is a great treat to enjoy occasionally just not within a few hours before bedtime. Chocolate and foods containing chocolate have minimal amounts of caffeine, but remember they are full of empty calories, sugars and fat!

LEARN MORE ABOUT THE PERFORMANCE TRIAD: WWW.PJRM/PERFORMANCE.MIL

Children and Caffeine: Presents facts about caffeine-use and kids, as well as tips to help children perform their best without caffeine. English/Spanish

Oral Health

Performance Triad Nutrition Fact Sheet

A Healthy Mouth Can Improve Your Child's School Performance! Frequently Asked Questions

1. Is dental disease an American problem? Nearly 40% of children and adolescents with tooth decay, almost 15% having 7 or more teeth with dental disease, experience poor oral dental health negatively impacts children's school performance.
2. How does dental health affect school performance? Children with oral pain have a difficult time playing, attending in class. They often experience delayed social development and low self-esteem when affected. They appear to have their disease is noticeable to other children. Children with dental disease miss more days from school which disrupts their learning process.
3. Does my child's dental health impact their overall health? Yes, dental disease can prevent your child from achieving healthy and regular sleep. Poor quality of sleep and their interest in physical activities, our time for care can impact your child's overall growth and development. Seeking dental treatment early can prevent the spread of dental infection to other parts of the mouth and/or body.
4. At what age should I begin taking my child to the dentist? Schedule your child's first check-up before their first birthday. Continue to visit twice a year for dental check-ups. Sutures and school breaks are great times to visit your TriCare approved dentist.
5. Limit the sugary, salty or sticky more than five times a day increase risk for dental. Regular sugary fruits and beverages with some low fat and vegetables. Provide them more water throughout the day. Rinse away food and prevent against decay. Make brushing with fluoride toothpaste a part of your child's morning and bedtime routine. Salt water toothbrushes are recommended.

\$1 million hours of educational opportunity are lost each year due to dental disease.
Our Health in America - A report of the Surgeon General

LEARN MORE ABOUT THE PERFORMANCE TRIAD: WWW.PJRM/PERFORMANCE.MIL

A Healthy Mouth Can Improve Your Child's School Performance!: Provides information on oral health and how parents can help keep their child's teeth clean and healthy. English/Spanish

Online Resources

Performance Triad Fact Sheet

Army Performance Triad Online Resources for Parents and Kids

National Sleep Foundation
www.sleepfoundation.org

Children's Sleepbook Apps from the American Academy of Sleep Medicine
<http://www.aasm.org/childsleepapps>

Stays for Kids: Teaching Kids the Importance of Sleep
<http://www.staysforkids.org>

Centers for Disease Control Prevention Sleep Fact Sheets
<http://www.cdc.gov/epp/publications/factsheets.html>

American Heart Association's Recommendations for Physical Activity
<http://bit.ly/1jv0m0q>

Kids, Sex, Exercise and Nutrition - Children, Teens and Parents
<http://bit.ly/1jv0m0q>

Let's Move!
<http://www.letsmove.gov>

CDC campaign for head injury prevention
<http://www.cdc.gov/headup/yourpart/index.html>

We Care! (Ways to Enhance Children's Activity and Nutrition)
<http://www.nhtsa.gov/health/publicheart/ohsafety/ncsa/>

USA Choose My Plate website
<http://www.choosemyplate.gov>

Kids Eat Right
<http://www.eatright.org/resourcesfor-kids>

Fruits and Vegetables: Miss Minutes
<http://www.fruitsandveggies.com/moments/>

Get Healthy Your Way
<http://www.eathealthyyourway.net/>

Academy of Nutrition and Dietetics, Children's Health, Eat Right at School
<http://www.eatright.org/Public/>

Human Performance Resource Center: Family and Relationships
<http://hrpcc-online.org/family-relationships>

American Academy of Pediatrics
<http://www.aap.org>

LEARN MORE ABOUT THE PERFORMANCE TRIAD: WWW.PJRM/PERFORMANCE.MIL

Army Performance Triad Online Resources for Parents and Kids: Provides websites and apps with additional information for parents and kids. English/Spanish

Refrigerator Magnets...Coming Soon

Performance Triad Goals



Reach the Performance Triad Targets and + Goals: Defines the seven Performance Triad targets designed to help members of the Total Army Family reach their peak performance.

Sleep Needs

Sleep is Important at All Ages

Ages	Requirement
Newborns (0-3 months)	14-17 hours of sleep
Infants (4-11 months)	12-15 hours of sleep
Toddlers (1-2 years)	11-14 hours of sleep
Preschoolers (3-5 years)	10-13 hours of sleep
School Age Children (6-13 years)	9-11 hours of sleep
Teens (14-17 years)	8-10 hours of sleep
Younger adults (18-25 years)	7-9 hours of sleep
Adults (26-64 years)	7-9 hours of sleep
Older Adults (65+ years)	7-8 hours of sleep

Sleep is Important at All Ages: Outlines the sleep requirements for every member of the Total Army Family, from infancy to older adulthood.

Poster...Coming Soon

Back to School
Performance Triad *Be Ready!*

- Establish a healthy sleep plan for the school year
- Plan for at least 60 minutes of moderate-intensity exercise during or after school hours
- Ensure children have at least 8 servings of fruits and vegetables each day

armymedicine.mil

Back to School Be Ready!: Provides tips for preparing children for the upcoming school year.

FACT SHEETS



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION.
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)



Get the Facts!

Learn How Sleep, Activity, and Nutrition Can Positively Influence Your Child's School Performance

Academic Performance

- It feels good to do well in school. Did you know that children who are more active score better on tests and get better grades? Help your children choose some fun activities and have them choose an activity where they have to be active for at least 60 minutes every day! This equals about 11,000 to 13,000 steps a day and also can improve their grades!
- Did you know that children who get the right amount of sleep for their age, tend to do better academically. Their moods, balance and coordination are generally better and they think more clearly and remember things better too!
- Providing your children with good nutrition supports their ability to think and learn. The USDA's "MyPlate" is a great resource to easily understand how to achieve this goal.

- A well-balanced diet reduces a child's risk of being overweight or obese. It strengthens their muscles and bones, and it improves their overall energy levels.

Behavior

- We can all move more throughout the day! Encourage your child to get 60 minutes or more of play and activity during the day. This reduces stress and anxiety in children. Children who are well rested are just more fun to be around! They tend to cooperate more, have better control over their emotions and are typically more motivated throughout the day. Sleep contributes to their ability to pay attention more and therefore they are able to do better in school.
- Take the time to help kick-start your child's day with a healthy breakfast. A good breakfast can improve their mood and attitude and help them to stay focused in class longer.

Physical Health and Performance

- Developing an active lifestyle when we are young has lifelong benefits. We know children who are active from a very early age have lower rates of injury, better bone health, and are less likely to become overweight or obese as adults.
- Putting your children to bed at night so they get enough sleep benefits everyone! You get a little more time to yourself and they get more sleep and positive benefits to their mental, emotional, and physical growth and development. We know sleep-deprived children are at higher risk for being overweight or obese. Not convinced? Without enough sleep, it is harder for children to produce enough of the hormones they need to promote normal growth and it takes longer for those cuts and bruises to heal!



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 AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)





Setting Your Child Up for Success Your Child's Brain is Developing – Fast!

Stimulate it!

Children ages 6-17 should have 60 minutes of activity per day for good health

The majority of 50 studies reviewed showed that active students had better academic performance.

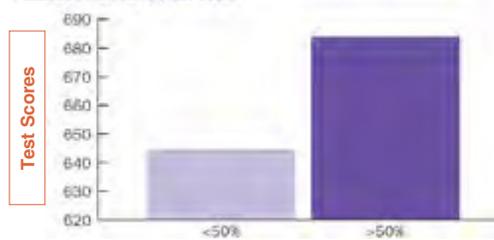


U.S. Department of Health and Human Services Centers for Disease Control www.cdc.gov/HealthyYouth Revised Version — July 2010

In a California study involving over 800,000 5th, 7th and 9th graders — **higher math and reading scores** were associated with higher levels of **fitness**.

Journal of Exercise Physiology
Feb 2005

School Academic Performance Index (API) scores by minutes of MVPA in P.E.



Source: Faling Fitness: Physical Activity and Physical Education in Schools

Bikes, Balls in Class: Transformed One School

NAPERVILLE, Ill., April 14, 2010 By DAVID WRIGHT and HANNA SIEGEL



"What we're trying to do here is jump start their brain," says the chairman of the Physical Education Department at Naperville.

Naperville Central High School in Illinois illustrated the power of exercise to boost school performance. Students who participated in a dynamic morning **exercise** program nearly **doubled their reading scores** and math scores significantly increased.

American Heart Association's Recommendations for Physical Activity
<http://bit.ly/1jLScPG>

Kids.Gov Exercise and Nutrition – For Parents
<http://kids.usa.gov/parents/exercise-fitness-nutrition/index.shtml>

Let's Move!

www.letsmove.gov

We Can! (Ways to Enhance Children's Activity and Nutrition)
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Protect it!

Concussion education may make all the difference for your child

Defense and Veterans Brain Injury Center
<http://dvbic.dcoe.mil/>

American Academy of Pediatrics:
Sports-related Injuries:
bit.ly/1oYGi3V

How can concussions be prevented?

1. Children should always wear helmets during any riding activities and contact sports. Make sure the helmets fit and are in good condition.
2. Practice safe playing techniques during sports and every day physical activity.
3. Talk to your children about concussions. Communicate how important it is to let their coach or you know if they have hit their head and are experiencing symptoms of a concussion.



ADA American Dental Association®

A properly fitted mouthguard, or mouth protector, is an important piece of athletic gear that can protect your teeth and smile. You may have seen them used in contact sports, such as field hockey, football, boxing, ice hockey, lacrosse, and soccer.

The Importance of Using Mouthguards- American Dental Association: <http://bit.ly/ADA-Mouthguard>

Defense and Veterans Brain Injury Center
<http://dvbic.dcoe.mil/>

American Academy of Pediatrics: Sports-related Injuries: <http://bit.ly/1oYGi3V>



Performance Triad Fact Sheet

Setting Your Child Up for Success – their brain is developing fast!

Rest it!

Children need sleep

Age (years)	Sleep (hours)
3-5	10-13 hr
6-13	9-11 hr
14-17	8-10 hr



In a recent study, researchers found well-rested teenagers tend to make more healthful food choices than their sleep-deprived peers. Teens who lack adequate sleep not only eat more junk food but also eat less healthy foods. Teens who slept less than 7 hours per night were more likely to eat fast food two or more times per week and eat less fruits and vegetables. <http://bit.ly/Vfrjrm>



Ensuring children get enough sleep helps them to thrive academically. All children, including college students, need to have the energy and ability to concentrate, focus and recall information. Sleep facilitates these abilities. One of the best predictors of school failure is children's fatigue. A study of students in New England revealed that those who reported high grades had significantly more sleep on school nights than those with lower grades. Students who received Bs got between 17-33 minutes more sleep than students with Cs. They also went to bed earlier. On the weekends, students with lower grades went to bed 2.3 hours later than students with A/B grades. <http://bit.ly/1oq7wme>

Sleep for Kids, Teaching Kids the Importance of Sleep
<http://www.sleepforkids.org/>

National Sleep Foundation
www.sleepfoundation.org

Children's Storybook Apps from the American Academy of Sleep Medicine
<http://www.aasmnet.org/childrensapp.aspx>

Feed it!

Demand healthy foods for your child

Lack of adequate consumption of specific foods, such as fruits, vegetables, or dairy products, is associated with lower grades among students.

Journal of Nutrition and Metabolism

Student participation in the United States Department of Agriculture (USDA) School Breakfast Program (SBP) is associated with increased academic grades and standardized test scores, reduced absenteeism, and improved cognitive performance (e.g., memory).

Kleinman RE, Hall S, Green H, Korzec-Ramirez D, Patton K, Pagano ME, Murphy JM. Diet, breakfast, and academic performance in children. Annals of Nutrition & Metabolism. 2002;46(suppl 1):24-30.

MyPlate Kids' Place



Oral Health in America: A Report of the Surgeon General

*Dental caries (tooth decay) is the single most common chronic childhood disease-5 times more common than asthma and 7 times more common than hay fever.

*The social impact of oral diseases in children is substantial. More than 51 million school hours are lost each year to dental-related illness.

*Pain and suffering due to untreated diseases can lead to problems in eating, speaking, and attending to learning.

<http://www.nidcr.nih.gov/DataStatistics/SurgeonGeneral/sgr/welcome.htm>

WHERE TO START:

Dietary Guidelines for Americans and MyPlate
<http://www.choosemyplate.gov>

Fruits and Veggies, More Matters
<http://www.fruitsandveggiesmorematters.org/>

Academy of Nutrition and Dietetics, Children's Health, Eat Right at School <http://www.eatright.org/Public/>

Kids Eat Right <http://www.eatright.org/kids>



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SLEEP: Essential for your Child’s Health, Performance and Well-Being

1. FACT: The amount and quality of sleep children get on a regular basis can improve their school performance and relationships with others. Studies have shown that students with better grades had more hours of sleep than those with lower grades.

2. FACT: A consistent bed time routine helps children and their parents get more sleep.

3. FACT: Children, who engage in physical activity throughout the day, are better sleepers. They tend to fall asleep faster and toss-and-turn less throughout the night.

4. FACT: Create great sleep environments that will improve the quality of sleep your child receives. The National Sleep Foundation found that when parents create sleep-friendly environments, that are dark, cool, and quiet, the children slept better.

Good Sleep Habits

- Maintain a regular sleep schedule with a consistent bed and wake-up time, including weekends.
- Avoid watching TV or using electronics within an hour of bedtime. Better yet, remove electronics from sleep areas. The blue light from electronic may make it more difficult to fall asleep and interfere with sleep quality.
- Create a relaxing wind-down routine to cue sleepiness, such as reading a book, praying or talking with each other.
- Engage in regular physical activity each day, such as brisk walking or a bike ride.
- Avoid heavy meals two to three hours before bed.
- No caffeine intake 6 hours before bed.

Make Sleep a Priority in Your Child’s Day!

- Create a good sleep environment for your child. Make sure their room is quiet, cool, and dark.
- Remove distractions or items that will reduce their ability to fall asleep.
- Develop good sleep habits not just for your child but for the whole family.



Category	Age	Hours of Sleep
Newborns	0-3 months	14-17
Infants	4-11 months	12-15
Toddlers	1-2 years	11-14
Preschoolers	3-5 years	10-13
School Aged	6-13 years	9-11
Teenagers	14-17 years	8-10
Young Adults	18-25 years	7-9
Adults	26-64 years	7-9
Older Adults	65+	7-8



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Help Keep Your Child Healthy Through Exercise And Physical Activity!

FACT: Your Child Needs Regular Activity to be Healthy!

Did you know that children ages 6-17 should have 60 minutes per day of activity for good health? This can be from organized sports, unorganized play, family exercise and activities, or any combination of those! Boys should have approximately 13,000 steps per day and girls should have about 11,000 steps per day of activity.

FACT: Weight Training is Safe and Healthy for your Child

Parents often ask, “should my child do resistance or strength training?” Yes! Strength or resistance training can be introduced when a child is ready for sports activities (usually around age 7 or 8) and should be performed 2 or 3 times a week to increase strength and contribute to fitness. Weights should be light and progressed slowly to avoid injuries. Both the American College of Sports Medicine (<http://bit.ly/1nCTBaO>) and the National Strength and Conditioning Association (<http://bit.ly/W6LXey>) recommend resistance training as being safe for children and adolescents.

FACT: Exercise and Activity Improve Academic Performance and Reduce Stress

Did you know that physical activity and exercise can reduce symptoms of depression and anxiety in children, as well as improve academic performance? Physical exercise and activity has a positive effect on the brain’s health and function as well as the body’s fitness.

FACT: Exercise Should Be a Part of Weight Management for Your Child

Activity and exercise will definitely be helpful in maintaining a healthy weight for children and for helping overweight children lose weight. It’s important to remember that it takes more than exercise to maintain a healthy weight, and changes in diet and eating habits are the most important thing you can do for healthy body weight. Ask your healthcare provider if you are concerned about your child’s weight.

How Can I Help My Child be More Active?

- Reduce screen time (TV, computer, video games, and phones).
- Take a family walk after dinner.
- Play at the park or go for a family bike ride or hike.
- Explore opportunities to learn a new activity (such as martial arts, dance, or yoga).
- Volunteer for your child’s sports team or physical activity event.
- Invite them to take part in your physical activity.

Where Can I Find Out More?

- The First Lady’s ‘Let’s Move’ campaign: [http://www.letsmove.gov/](http://www.letsmove.gov)
- Youth Physical Activity Guidelines Resources at the Centers for Disease Control and Prevention: <http://1.usa.gov/UaKnqL>



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Concussion: Protect, Recognize and Treat - Summer 2015

What is a Concussion?

A concussion is also known as a mild traumatic brain injury and is caused by a blow or jolt to the head that temporarily interrupts brain function.

When do Concussions Occur?

Collision and contact sports such as football, hockey, soccer, basketball, lacrosse, and wrestling are the sports with the highest risk for concussions. But concussions can also occur on the playground or during everyday mishaps such as a child falling and hitting their head on the floor.

What if I Suspect my Child has a Concussion?

If you think your child has a concussion:

1. Remove them from the activity or the game
2. Quickly get them checked out by a medical provider
3. Help them take time to recovery

Concussion Signs Observed

- Can't recall events prior to or after a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.

Concussion Symptoms Reported

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".

Most concussions occur without a loss of consciousness or blacking out



http://www.cdc.gov/headsup/basics/concussion_symptoms.html





How Can I Help my Child Recover from a Concussion?

The brain needs time to heal following a concussion. If your child has been diagnosed with a concussion, here are some general treatments recommended for children of all ages.

1. Brain Rest

Limiting activities that require thinking is just as critical as physical rest while your child is recovering from a concussion. This may mean a temporary absence from school, reduction of assignments and reducing the amount of time your child plays video games or uses other electronics.

2. Physical Rest

Generally, physical activities should be limited until a healthcare provider determines your child can resume their normal activities. This includes sports, physical education/gym class, and other recreational activities. Work with your child's healthcare provider to gradually have your child resume their normal activities.

Prevention

There are many ways to reduce the chances of our young people sustaining a concussion, such as ensuring they are buckled up every time they ride in a vehicle, making sure they wear a properly fitted helmet when riding a bike or skateboard, while skiing or snowboarding or playing sports such as football or while batting and running bases in baseball and softball.

Talk with your child about Concussion

Learn more about concussions with your child. Talk about ways to prevent concussions and about recovering from a concussion if your child has been diagnosed with one.

For more information, please visit:
<http://www.cdc.gov/headsup/index.html>



Back to School and Sport

With proper rest and treatment, most kids can get back to school and sports in a short period of time.

However, each concussion is different and each child responds differently to treatment. If there are any concerns about the recovery period, please talk to your healthcare provider!



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Protect your Child's Mouth during Physical Activity!

With 25 million children involved in organized sports, there is an increased risk for oral and facial injuries. Athletes are 60 times more likely to suffer injury to their teeth and jaws when they fail to protect them. Over 5 million teeth are lost in sports related injuries each year.

The pre-formed and boil-and-bite mouth guards range in price from \$8-\$30; while the ones custom made by your dentist are more expensive.

**KEEP
ACTIVE**

**KEEP
SMILING
WEAR A MOUTH GUARD!**



Mouth Guard Care is Simple

- Rinse before each use.
- Check for holes and tears.
- Clean with toothbrush and toothpaste or warm soapy water.
- Avoid over exposure to the sun.

**This Could Have
Been Prevented.**



Help your child protect their teeth during physical activities

With summer camps and a new sports season around the corner, sports related injuries are a major concern. Help protect your child's smile by making sure they use mouth guards. They are an important part of your child's athletic gear. They reduce the risk of broken teeth and jaws as well as the need for costly dental repairs.

Mouth Guards save thousands of children from dental injuries and saves parents thousands of dollars in dental repairs.

The Best Mouth Guards

The best mouth guards are the ones that fit properly. Make sure they are clean, smooth, and comfortable; when inserted your child should be able to speak and breathe normally.

**DID YOU
KNOW**

Only **36%** of kids ages 5-17 protect their smile during organized sports!



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION.
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)





Improve Your Child’s Health Through Good Nutrition!

FACT: Nutrition is directly linked to school performance. Studies have shown that kids who eat a well-balanced breakfast AND lunch do better in school. Kids who eat breakfast have more energy throughout the day, have improved concentration, get better grades, and maintain a healthy weight.

FACT: Eating regular meals helps to maintain and sustain physical and mental energy and assists with good behavior throughout the day to help kids do well in school.

FACT: Choosing healthier beverage choices, such as low-fat milk or water instead of sugary drinks, are associated with better child/adolescent health. Medical studies continue to show that sweetened drinks (with real or artificial sweeteners) can lead to overweight/obesity and other medical conditions. Bring a water bottle to school and fill it up for the day.

FACT: Remember food is fuel for your child’s performance! If your child plays sports or is physically active, plan their day with healthy meals and snacks to fuel their mental and physical performance.

WHERE TO START:

Dietary Guidelines for Americans and MyPlate (<http://www.choosemyplate.gov>)

The Dietary Guidelines for Americans describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and lean protein.
- Lean protein can be: poultry, fish, beans, eggs, and nuts.

- Select calcium rich foods such as milk, yogurt, or soymilk.
- Select foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

MyPlate helps individuals use the Dietary Guidelines to:

- Make smart choices from every food group.
- Find balance between food and physical activity.
- Get the most nutrition out of calories.
- Stay within daily calorie needs.

***The Dietary Guidelines and MyPlate recommendations are appropriate for the general public over 2 years of age.*

BECOME A MYPLATE CHAMPION FAMILY!

Pledging to be a MyPlate Champion family is a promise to eat healthy and be active every day. Here are some ideas for kids eating at school:

- Eat more fruits and veggies. Make half your plate fruits and vegetables every day!
- Try whole grains. Look for oatmeal, whole-wheat breads, or brown rice at meals.
- Re-think your drink. Drink fat-free or low-fat milk or water instead of sugary drinks. Limit fruit juice and go for whole fruit instead.
- Focus on lean protein. Choose protein foods like beans, fish, lean meats, and nuts.
- Slow down on sweets. Eat sweets, like cakes or cookies, once in a while and in small amounts.
- Be active your way. Find ways to exercise and be active for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.



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Better Nutrition = A Better Student!

Begin with breakfast!

Kids who eat breakfast:

- Have more energy throughout the day
- Concentrate better
- Get better grades
- Maintain a healthy weight

Want to know more?
Need a few breakfast ideas?

Go to: <http://bit.ly/breakfastforkids>

More fruits and vegetables improve health and school performance! Children and teens should fill ½ of their plate with fruits and veggies at each meal. Fruits and vegetables:

- Provide essential vitamins and minerals
- Lower risk for chronic diseases
- Help kids maintain a healthy weight



Critical nutrients young athletes need plenty of!

- Calcium
- Iron
- B Vitamins
- Zinc



Need to know what counts as “one serving” and the best choices?

Try this great tool developed by the Centers for Disease Control and Prevention:

<http://bit.ly/fruitandveggiesmatter>

Good Nutrition Fuels your Kids' Sports and Activities!

30-45 million kids in the US play at least one type of sport. Active children need enough calories and nutrients to support growth and development and their working muscles. Plan meals during the day that focus on healthy carbohydrates and lean protein. Then round them off with fruits and veggies! Find tips and ideas at: <http://bit.ly/sportsnutritionforkids>

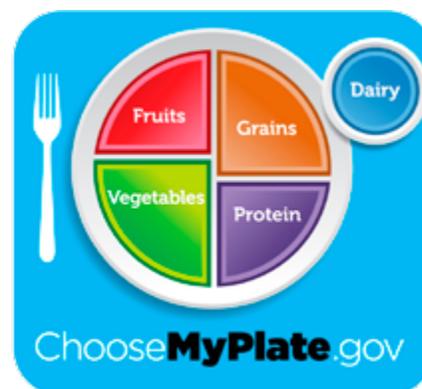


Be a MyPlate Champion Family!

Pledging to be a MyPlate Champion family is a promise to eat healthy and be active every day.

As a MyPlate Champion Family, I pledge to:

- Eat more fruits and veggies
- Make ½ my grains whole grains
- Choose low-fat/nonfat milk or water over sugary beverages
- Focus on choosing lean proteins
- Eat sweets as an occasional treat
- Be active at least 1 hour a day





Think Your Child's Drink: Caffeine and School Performance Don't Mix!

DID YOU KNOW

- Too much caffeine can impair your child's growth and development.
- Caffeine can raise a child's heart rate and blood pressure.
- Children can have difficulty sleeping and concentrating from taking too much caffeine.

There is No Comparison!

The best beverages to offer children are low-fat milk and water – they are both hydrating, caffeine free and low-fat milk is loaded with nutrients.



Learn more about the dangers of caffeine:

Hidden Sources of Caffeine: <http://bit.ly/hiddecaffeine>
 Caffeine and School Performance: <http://bit.ly/caffeineandschoolperformance>
 Academy of Nutrition and Dietetics: Is Your Child Over-caffeinated? <http://bit.ly/overcaffinated>
 The Hard Facts About Soft Drinks: <http://bit.ly/softdrinksandkids>

Common Caffeine Sources

The most common sources of caffeine are beverages – coffees, soda, and energy drinks.

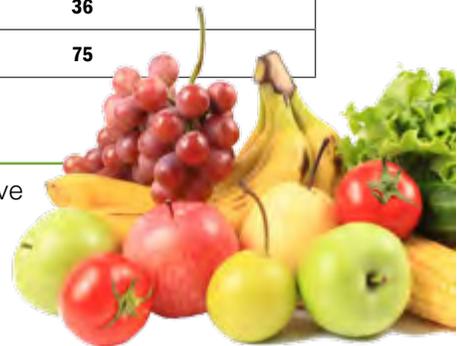
> For a more detailed list, go to: <http://bit.ly/caffeinechartfull>



SOURCE	CAFFEINE (mg) PER SERVING
Energy Drinks - 20 ounce can	260
Coffee - 12 ounce cup	164
Coffee Drinks (lattes, mochas) - 12 ounce cup	116
Caffeinated Teas - 8-ounce cup	36
Caffeinated Sodas- 20-ounce bottle	75

Limit the juice, go for whole fruit.

Fruit juice is often perceived as healthy, but can have as much sugar and calories as regular soft drinks.



8 oz. Soda	8 oz. Low-fat Milk
104 calories	102 calories
24 gm carbohydrates	13 gm carbohydrates
24 gm added sugar	0 gm added sugar
24 mg sodium	107 mg sodium
0 mg potassium	366 mg potassium
30 mg caffeine	0 mg caffeine
0 gm protein	8 gm protein
0% vitamin A	13% Vitamin A
0% calcium	30% calcium
0% Vitamin D	27% Vitamin D

Caffeine –Free Tips for Kids:

- Replace sodas with water, low-fat milk, diluted 100% fruit juice or a low-sugar carbonated beverage
- Enjoy caffeine free soda as an occasional treat
- Instead of coffee, allow caffeine-free hot tea
- Be a role model – minimize or eliminate caffeine from your own diet
- Educate children on the dangers of caffeine
- Allow chocolate and other food sources of caffeine as an occasional treat



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CHILDREN AND CAFFEINE

Perform your best in school and activities WITHOUT Caffeine!

DID YOU KNOW

• Caffeine is found in these types of drinks - regular and diet sodas, coffee and coffee beverages, tea, and energy drinks.

- Too much caffeine may impair your child's growth and development. Medical studies have shown that caffeine effects the development of a child's oxygen carrying capacity and mental alertness.
- Like adults, children who regularly consume caffeine can become dependent on and addicted to caffeine.
- Consuming a lot of may be toxic to children and can lead to caffeine abuse.
- Many caffeine-containing beverages may not clearly label the amount of caffeine that they contain and a good example of this is energy drinks. These are very popular among teenagers and young adults.
- Caffeine can raise a child's heart rate and blood pressure. It can also cause headaches, upset stomachs, jitteriness and nervousness.
- Children can also have difficulty sleeping and concentrating from taking in too much caffeine.

Overdoing it on caffeine is easy especially since the common size for many beverages containing caffeine are at least 16 ounces. The list below provides common sources of caffeine and the caffeine content per serving. For more information go to: <http://bit.ly/caffeinechartfull>.

SOURCE	CAFFEINE (mg) PER SERVING
Energy Drinks - 20 ounce can	260
Coffee - 12 ounce cup	164
Coffee Drinks (lattes, mochas) - 12 ounce cup	116
Caffeinated Teas - 8-ounce cup	36
Caffeinated Sodas- 20-ounce bottle	75
Full-size Hershey's Chocolate Bar (1.5 oz)	10
Chocolate Milk - 8 ounce glass	6

Caffeine tips and recommendations for children

- The best beverages to offer children are water and low-fat/non-fat milk, diluted 100% fruit juice or a low-sugar carbonated beverage.
- Caffeine offers no health benefit to children and can be harmful! We strongly encourage you to eliminate all caffeine-containing beverages from your child's diet, especially energy drinks.
- Instead of coffee, allow caffeine-free hot tea.
- Be a role model, minimize or eliminate caffeinated beverages from your own diet.
- Educate children on the dangers of too much caffeine.
- Caffeinated beverages are calorie packed, contain sugar and offer no real nutritious value.
- What's life without a treat?
 - › You can offer children caffeine free sodas as an occasional treat.
 - › Chocolate is a great treat to enjoy occasionally just not within a few hours before bedtime. Chocolate and foods containing chocolate have minimal amounts of caffeine, but remember, they are full of empty calories, sugars and fats!



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A Healthy Mouth Can Improve Your Child's School Performance! Frequently Asked Questions

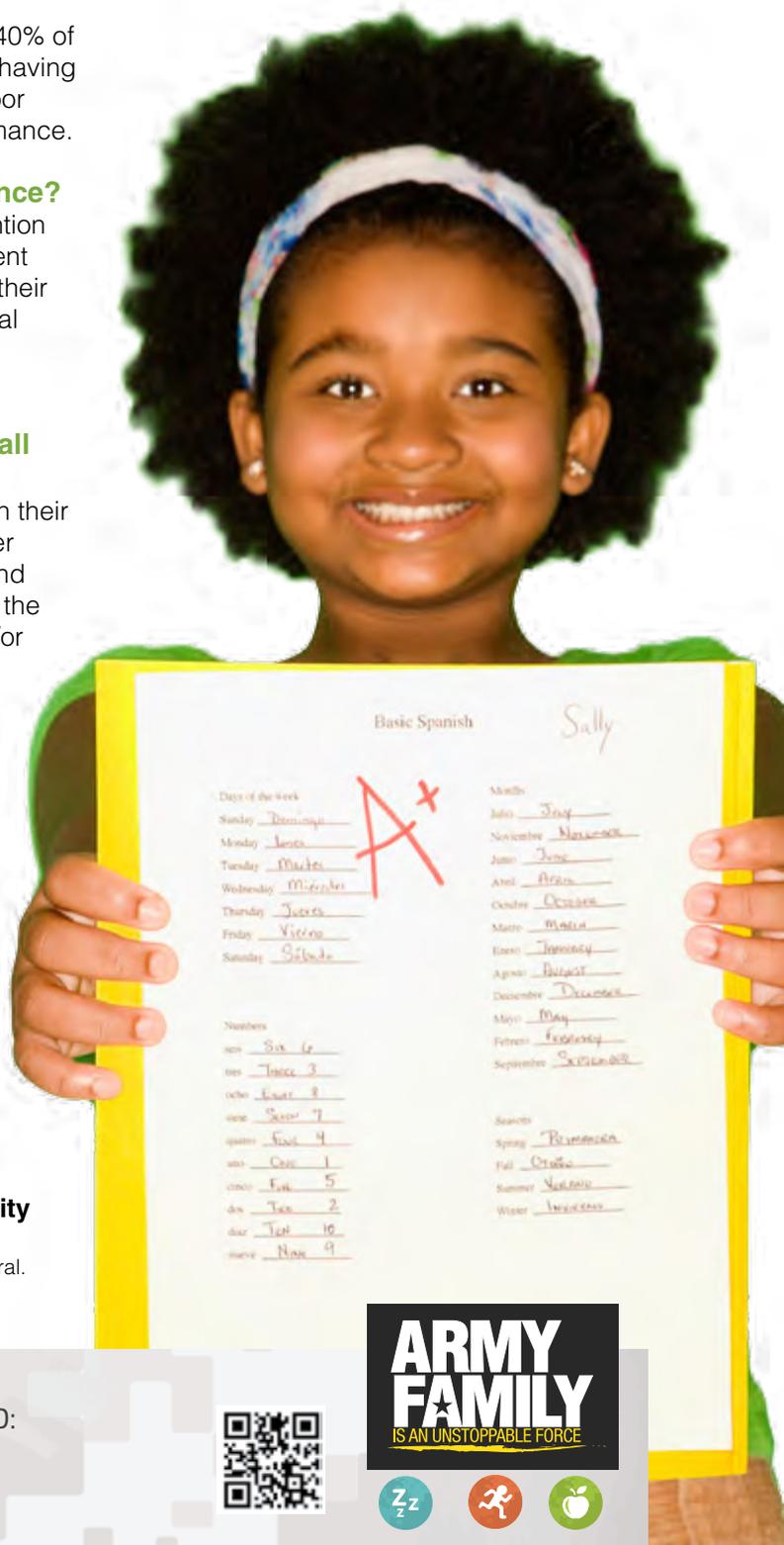
1. Is dental disease an American Problem? Nearly 40% of children start Kindergarten with tooth decay; almost 15% having 7 or more teeth with disease activity. Studies show that poor dental health negatively impacts children's school performance.

2. How does dental health affect school performance? Children with dental pain have a difficult time paying attention in class. They often experience delayed social development and low self-esteem when it affects their speech or when their disease is noticeable to other children. Children with dental disease miss more days from school which disrupts their learning process.

3. Does my child's dental health impact their overall health? Yes, dental disease can prevent your child from choosing healthy fruit and vegetable options, interfere with their quality of sleep and their interest in physical activities; over time this can have an impact your child's overall growth and development. Seeking dental treatment early can prevent the spread of dental infection to other parts of the mouth and/or body.

4. At what age should I begin taking my child to the dentist? Schedule your child's first check-up before their first birthday. Continue to visit twice a year for dental check-ups. Summers and school breaks are great times to visit your Tricare approved dentist.

5. Limit the sugars. Eating or snacking more than five times a day increases risk for decay. Replace sugary foods and beverages with some raw fruits and vegetables. Provide them more water throughout the day, it rinses away foods and protects against decay. Make brushing with fluoride toothpaste a part of your child's morning and bedtime routine. Soft bristle toothbrushes are recommended.



DID YOU KNOW

51 million hours of educational opportunity are lost each year due to dental disease.

Oral Health in America: A report of the Surgeon General.



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Army Performance Triad Online Resources for Parents and Kids

National Sleep Foundation
www.sleepfoundation.org

Children's Storybook Apps from the American Academy of Sleep Medicine
<http://www.aasmnet.org/childrensapp.aspx>

Sleep for Kids, Teaching Kids the Importance of Sleep
<http://www.sleepforkids.org/>

Centers for Disease Control Prevention Sleep Fact Sheets
<http://www.cdc.gov/sleep/publications/factsheets.htm>

American Heart Association's Recommendations for Physical Activity
<http://bit.ly/1jLScPG>

Kids.Gov Exercise and Nutrition – Children, Teens and Parents
<http://kids.usa.gov/exercise-and-eating-healthy/index.shtml>

Let's Move!
<http://www.letsmove.gov>

CDC campaign for head injury/concussion
<http://www.cdc.gov/headsup/youthsports/index.html>

We Can! (Ways to Enhance Children's Activity and Nutrition)

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

USDA Choose My Plate website
<http://www.choosemyplate.gov>

Kids Eat Right
<http://www.eatright.org/resources/for-kids>

Fruits and Veggies, More Matters
<http://www.fruitsandveggiesmorematters.org/>

Eat Healthy Your Way
<http://www.eathealthyyourway.net/>

Academy of Nutrition and Dietetics, Children's Health, Eat Right at School
<http://www.eatright.org/Public/>

Human Performance Resource Center, Family and Relationships
<http://hprc-online.org/family-relationships>

American Academy of Pediatrics
<http://www.aap.org>



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