

Practicing healthy habits as a family helps support your child's mind and body while positively impacting their mood, focus and behavior.

Routines. Knowing what to expect can help create a sense of comfort and security. Try to maintain simple routines to keep things as predictable as you can (e.g., keeping consistent bedtimes).

Nutrition. Children need to fuel their bodies to fuel their minds. Drink water, and eat three meals and two to three snacks at consistent times each day.

Sleep.

quality rest.

Activity.