

HEALTHY HABITS FOR AT-HOME LEARNING!

Routine changes can be stressful. Use some of the suggested tips below to keep kids productive & healthy during their virtual school day!

#SafePedsHealthyKids



Keep a schedule

- Ensure a child is getting enough sleep every night by keeping a normal nighttime routine & bedtime
- Continue to wake up at their normal time to allow time for breakfast

Take scheduled breaks

- Younger children might need a break every 20 minutes while older teens may be able to break in between subject changes
- Plan activity breaks or free time throughout the day to keep children engaged & refreshed
- Alternative between schoolwork & physical breaks
- Don't forget to stay nourished by taking a lunch break & hydrated by drinking plenty of water



Create a designated work space

- Find a space a child can do work undistracted
- Try to limit time spent on phones for non school purposes

For more information visit
[healthychildren.org](https://www.healthychildren.org) or [ohioaap.org](https://www.ohioaap.org).
Follow us on Facebook at AAP Ohio or
on Twitter @ohpediatricians

Ohio Chapter

INCORPORATED IN OHIO

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®

