Amino Acids
Children with greater movement competence and confidence have greater resilience - the motivation to work through adversity (4)

Focus, Academic Performance & Engagement

PHYSICAL ACTIVITY
Moderate to high intensity
Exercise that elevates heart and breathing rate
Thinking performance scores can improve after 15 - minutes of exercise
Children with greater movement competence and confidence have greater resilience - the motivation to work through adversity (4)

SLEEP

Have Set Routines
- Find the right temperature
- Read a book
- Listen to music
- Screens off 2 hours before sleep
- White noise app
- Wake up with a favorite song/dance

Lack of sleep can negatively affect (5)
- Attention
- Concentration
- Language
- Memory
- Executive Function
- Alertness
Reducing sleep by 1 2 hours per night can increase attention problems by 50% (5)

NUTRITION
Eat foods that support cognition:
- Iron
  - Whole grains
  - Lentils
  - Spinach
  - Dark green vegetables
- Amino Acids
  - Meat/seafood/eggs
  - Nuts
  - Seeds
- Omega-3 Polyunsaturated Fatty Acids
  - Fatty fish like salmon
  - Nuts
  - Seeds
  - Fortified milk/eggs
- Vitamin B, especially B12
  - Organs
  - Beef
  - Fortified cereal
  - Tuna

SCREEN TIME
Recreational Screen Time Limited to 2 Hours Per Day
Meeting this guideline was positively associated with higher global cognition scores

*The limited by age promotes brain development and mental health (e.g., sleep, nutrition, physical activity) and is associated with higher global cognition scores in 17 year olds.

**Lack of sleep can negatively affect (5)

**Meeting these guidelines has been shown to improve global cognition scores (1, 2, 3).
Physical distancing? Yes, stay 6 feet apart

Play dates? No

Physical activity while kids feel sick? Yes, so long as they are comfortable and interested

Play equipment? Yes, wash hands and wipe down materials

Go outside? Yes, nature relieves stress and boosts immune system

Go to parks and trails? Yes, but don’t go on any playground equipment and maintain distancing

Talking Points for Conversations with Kids about COVID-19

Zero To Thrive.org

In response to the COVID-19 pandemic, here are some suggestions on how to help even very young children make sense of current realities.

There are very smart people whose job it is to take care of the public’s health. They are figuring out what we all need to do to keep people safe. They are finding ways for us to take care that will help keep people healthy.

Most people who have this illness are ok. Most people only get a little bit sick and then they get better. You could remind your child of a time she or he was sick with a cold, took care, and got better.

You might be curious or hearing a lot about a virus called coronavirus. Do you know what a virus is? Viruses are like germs – different kinds of germs can cause lots of illnesses like regular colds, including colds that people in our family have had. Even though it was not fun to have a cold or be sick, we got better. Viruses do not happen to people because they did something wrong—no one is to blame, and our whole community is working together to try to keep people healthy and safe.

There are a lot of helpers! Doctors, nurses, first responders, grocery workers, garbage truck drivers, mail deliverers, teachers, religious leaders, community leaders, and more, are all working together to figure out how to help people through this hard time.

Links and Resources

On-Line Family Exercise Videos

- https://www.cosmickids.com/category/watch/
- https://www.gonoodle.com/
- https://openphysed.org/activeschools/activehome
- https://www.playworks.org/get-involved/play-at-home/
- http://www.urbaninitiatives.org/?s=navigating+remote+learning

On-Line Sports Training

- https://www.up2us.org/up2us/sportsathome
- https://technefutbol.com/
- Other paid online sport tutoring
References


