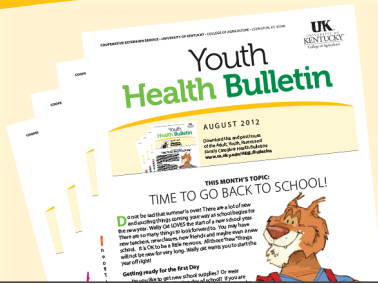


Youth Health Bulletin



DECEMBER 2014

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THIS MONTH'S TOPIC: ENJOYING THE HOLIDAYS

This is one of Wally Cat's favorite times of the year. It is almost magical! There can be different places and people to visit. There can also be a lot of exciting activities going on at school and at home. Wally Cat really enjoys all the time with his loved ones, especially while school is on break. However, with everything that's going on, Wally Cat sometimes gets away from his usual schedule. When that happens, he often feels tired, has a hard time paying attention to his mom and dad and following directions. Wally Cat tries to remember how important it is to sleep well, eat well and stay as close to a normal routine as possible.



Continued on the back →

During the holidays, it's important to sleep well, eat well and stay as close to a normal routine as possible.

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The routines that you have are what you do on a daily basis. Do you usually wake up about the same time every day? Do you usually head to school at the same time? Perhaps dinner is always at a certain time in your house or you have to be in bed by a certain time?

As it gets closer to the holidays, sometimes those daily routines have to be changed. Do you have school programs or special visitors? Or maybe you need to be away from home longer than originally planned. All of these items might lead to a later bedtime. Just remember that sleep is very important. Just because you may get to stay up later one night, does not mean you should every night. Sleep is important to help you prepare for the next day. Most kids ages 5 to 12 need about 10 to 11 hours of sleep each night.

The holidays may also bring lots of different foods — including many sweets. Although having a cookie or other sweet treat every once in a while is not bad for you, make sure you are also eating your fruits and veggies when they are offered.

At school, do you move around a lot? Do you run at recess or throw a ball around with a friend? Being active during the day is important even when you are on break. Make sure to take some time to be active every day.

Even if things do not go as you thought they would — say an errand takes longer than expected or you are feeling very hungry — try to be as calm as



possible. It is likely you are not the only one feeling that way. Sometimes adults feel stressed too, but do not show it the same way that you would.

The holidays can be a lot of fun, but there is a lot going on. Wally Cat wants you to remember to make sure you sleep well, eat well and take care of yourself during the holidays, so that you can enjoy every minute of this special time of year!

REFERENCES:

- University of Alabama (2014). Handling stress http://www.pal.ua.edu/stress/holiday_children.php
- Duke Children's Hospital and Health Center (2013). Holiday Stress Busters http://www.dukechildrens.org/about_us/newsroom/holiday_stress

Word Scramble

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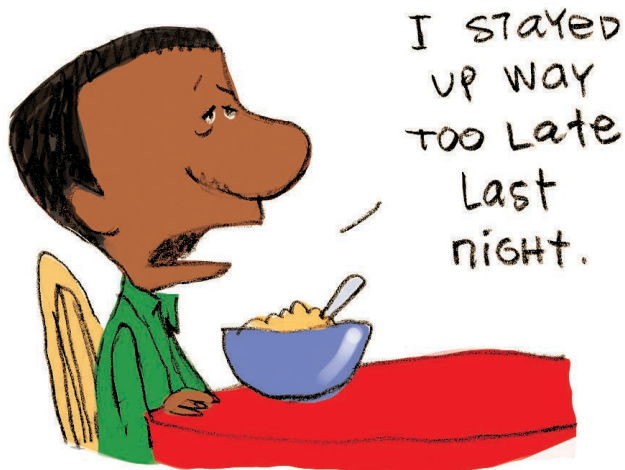
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ANSWERS: ROUTINES, HOLIDAYS, BEDTIME, BE ACTIVE, EAT FRUITS AND VEGGIES



Youth
Health Bulletin

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