



## Tips for School Bus Riders

- Do not play in the street while waiting for the bus
- Carry all loose belongings in a bag or backpack and never reach under the school bus to get anything that has rolled or fallen beneath it.
- Line up facing the bus, not along side it.
- Move immediately onto the sidewalk and out of traffic after getting off the bus.
- Wait for a signal from the bus driver before crossing the street and walk at least 10 steps away from the front of the bus so the driver can see you.

## **Backpack Safety**

- Pack light – a backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Organize the pack to make use of all compartments and pack heavier items closest to the center of the back.
- Choose a pack with wide, padded shoulder straps and a padded back.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles and may increase curvature of the spine.

## **Healthy Sleep**

Children's health and behavior take a nose dive when their sleep habits are out of whack. Adequate sleep will boost your child's energy and enthusiasm. Good-quality sleep also can help your child learn more easily and reduce many behavioral problems.

### **How Much Is Enough?**

Generally, between the ages of 6 and 9, most children need about 10 hours of sleep a night, while preteens need a little over 9 hours. Your child may require more sleep if he or she:

- Has a short attention span, or is irritable or restless
- Has unusually low energy low energy and activity levels
- Is more tearful, anxious, defensive or impatient than usual

### Sleep Tips for Your Children

- Set a regular time for bed each night and stick to it
- Avoid feeding children big meals close to bedtime
- Avoid giving anything with caffeine less than six hours before bedtime
- Make after-dinner playtime a relaxing time
- Establish a calming bedtime routine