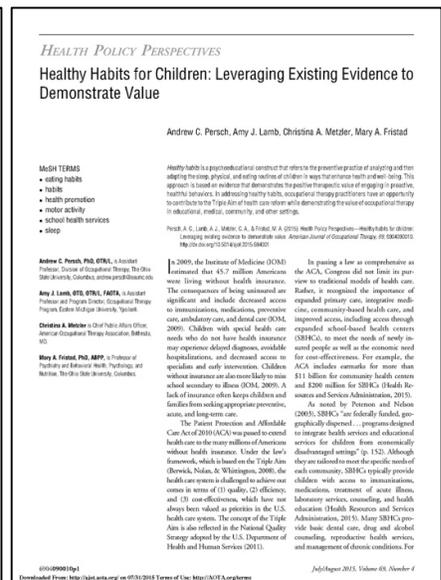
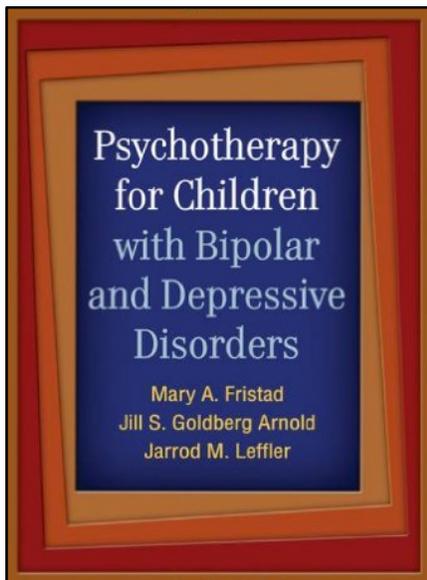


# Healthy Habits for Children: How Sleep, Physical Activity, and Nutrition Improve Health

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## Resources:

- You may access this presentation online at [andrewpersch.com](http://andrewpersch.com).
- Fristad, M.A., Goldberg Arnold, J.S. & Leffler, J. (2011). *Psychotherapy for Children with Bipolar and Depressive Disorders*. New York: Guilford Press.
- Persch, A. C., Braveman, B. H., & Metzler, C. A. (2013). P4 medicine and pediatric occupational therapy. *American Journal of Occupational Therapy*, 67(4), 383-388.
- Persch, A. C., Lamb, A. J., Metzler, C. A., & Fristad, M. A. (2015). Healthy Habits for Children: Leveraging Existing Evidence to Demonstrate Value. *American Journal of Occupational Therapy*, 69(4).



## Pediatric Case Study:

Riley is a student on your OT caseload. She is a 7<sup>th</sup> grader at Riverside Middle School who has been diagnosed with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). Riley has difficulty following directions and staying on task in the classroom. Riley's teachers report she often comes to school in the morning tired, fatigued, and drowsy. Riley is a picky eater. She snacks on high carb food throughout the day, struggles to participate in afternoon classroom activities, and often requests to take a nap.

Riley's mother picks her up after school and they drive directly to her older brother's nightly baseball practices. Riley snacks on chips in the car and plays apps on her iPad during the practice. They swing by fast food multiple times a week for dinner. Riley goes to bed anytime between 10:00pm and 12:00pm. She works on her homework in bed and falls asleep with the lights on. Riley wakes-up at 6:30am every morning but usually hits snooze. She runs late, skips breakfast, and rushes off to the school bus.

Riley's parents and physician have expressed concern about her weight and her sedentary lifestyle.

You are working with Riley to help her with sleep hygiene, physical activity, and healthy nutrition.

### Sleep Hygiene

- What happens when I don't get enough sleep?
- What happens when I get too much sleep?
- How much sleep do I get?
  - Bedtime =
  - Fall-asleep time =
  - Wake-up time =
  - Total sleep time =
- Am I getting enough sleep? Y/N
- If no, use this chart to track your sleep.

Time	Bedtime	Fall-Asleep Time	Wake-Up Time	Total Sleep Time	Total Nap Time
Monday - Tuesday					
Tuesday-Wednesday					
Wednesday-Thursday					
Thursday-Friday					
Friday-Saturday					
Saturday-Sunday					
Sunday-Monday					

### Physical Activity

- What happens when I don't get enough exercise?
- What happens when I get too much exercise?
- Three main types of exercise and how many times I use each per week:
  - Stretching:
  - Aerobic:
  - Strengthening
- Am I getting enough exercise? Y/N
- If no, use this chart to track your exercise.

	Stretching	Aerobic	Strengthening
<b>Ideas and Daily Goals</b>			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

### Healthy Nutrition

- What happens when I don't eat healthy foods?
- What happens when I eat healthy foods?
- Healthy and unhealthy foods:
  - Healthy foods I eat:
  - Unhealthy foods I eat:
- Am I getting enough healthy foods? Y/N
- If no, use this chart to track your food.

	Bread, Cereal, Rice, Pasta	Vegetables	Fruits	Meat, Fish, Eggs	Fats, Oils, Sweets
<b>Goals</b>	<b>6-11</b>	<b>3-5</b>	<b>2-3</b>	<b>2-3</b>	<b>2</b>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



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