



# Parenting Potentials

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*"Let us remember: One book, one pen, one child, and one teacher can change the world."*

–Malala Yousafzai



## Sleep is Vital to Executive Functioning

The conflicts that arise over bedtime are common in many households and these issues are taking a toll on everyone's well-being. The goal is to create a sustainable routine that promotes better sleep and, in turn, improves executive functioning.



### Why Sleep Matters?

- adequate sleep is crucial for regulating mood and maintaining attention
- research shows that the brain is highly active during sleep, consolidating and replaying the information it absorbed throughout the day
- this process is essential for learning and memory
- without sufficient sleep (9 hours for children and teens) skills like planning, decision-making and impulse control can be significantly impaired

### What Can You Do?

- making small gradual changes in how much sleep your children get can lead to significant improvements over time
- create a bedtime routine that involves turning off screens an hour before you want them to be asleep
- opt for activities that promote relaxation, such as reading a book, listening to calming music or using a sleep meditation app
- once in bed take a moment to reflect on three things you are grateful for from the day

## Why Should Kids Learn

# Handwriting in the Digital Age?



In the fast-paced digital age, where children are more likely to swipe a screen than pick up a pencil, the charm of handwriting might seem like an old-fashioned notion. Here's why encouraging kids to embrace handwriting can be a delightful and rewarding experience in our tech-savvy world.



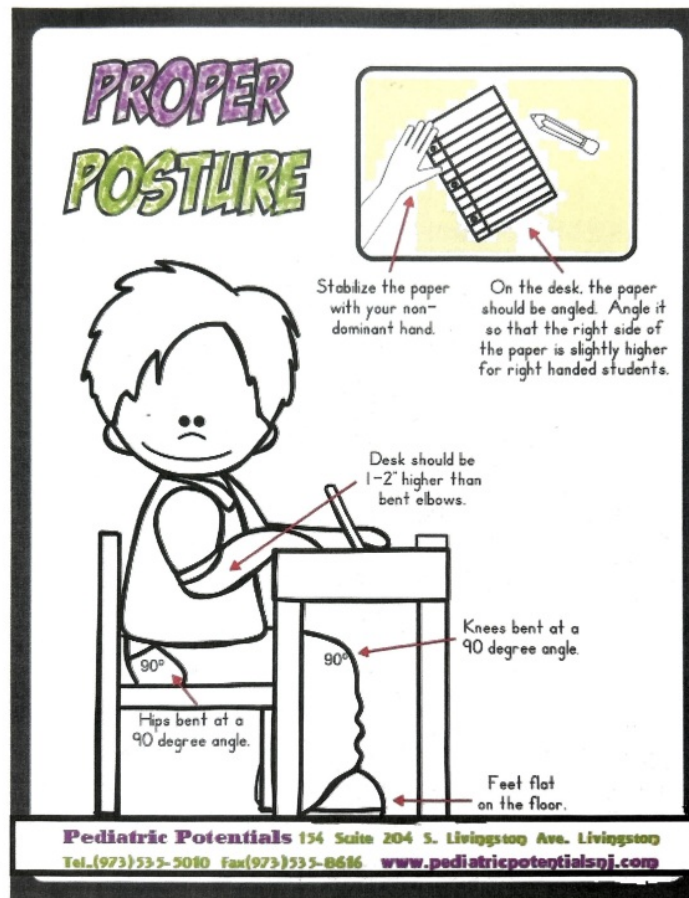
Unlike typing on a screen, handwriting allows children to express themselves with flair - looping letters, doodling in the margins, and personalizing their notes in a way that a keyboard just can't replicate. It's an outlet for imagination, where the act of writing itself can become an artistic endeavor.

Handwriting is also a powerful tool for cognitive development. This complex process strengthens memory, enhances learning, and improves their ability to retain information. Research has shown that kids who write by hand often have better comprehension and are more adept at grasping new concepts.

In a world where instant gratification is the norm, handwriting teaches kids a valuable lesson in patience and perseverance. This practice of refining their handwriting instills a sense of pride in their work and builds resilience - a trait that's useful far beyond the classroom.

Consider the fact that handwriting can be a calming ritual, providing a break from the constant stimulation of screens. In this sense, handwriting becomes a meditative practice, grounding them in the present moment.

In this high-tech world, putting pencil to paper might be one of the most refreshing and rewarding activities a child can enjoy. After all, in the words of a famous saying, "The pen is mightier than the sword" - and in this case, it's also mightier than the screen!



## How to Choose a Backpack for School



Backpacks that are too heavy can cause a lot of problems for kids, like back, neck and shoulder pain, as well as poor posture. The American Academy of Pediatrics recommends a backpack weigh no more than 5-10% of a child's weight.

A properly fitting backpack will distribute weight evenly and offer padding to prevent weight and contents from digging into the child's shoulders and back.

What to look for when selecting a backpack:

- backpack should not be wider than your child's torso or hang more than 4" below the waist
- padded, adjustable shoulder straps and a padded back
- waist and chest straps
- multiple compartments
- compression straps to stabilize contents

Check the fit of the backpack:

- make sure your child uses both shoulder straps, using only one strap shifts the weight to one side and causes muscle pain and posture problems
- make sure shoulder straps are tightened because a dangling backpack

can cause spinal misalignment and pain

- encourage your child to use the chest, waist and compression straps

## Scooters - Fun & Function

Riding a scooter can offer hours of entertainment and also provide many cognitive and motor benefits for your child.

- Strengthens leg muscles
  - Promotes outdoor play
  - Develops balance and coordination
  - Enhances motor skills such as stopping, navigating obstacles and turning
  - Builds confidence
  - Promotes socialization
  - Can be used as a type of transportation
  - Most of all it's FUN!
- 
- Safety 1st, helmet and any necessary safety gear is suggested



## Book Corner

*Pig in jeans*  
by Brenda Li

*Pig in jeans* is a hilarious and endearing picture book about Brian, an extraordinary pig who loves to wear jeans and is always hiding silly things in his pockets!

What he keeps in those pockets is a mystery until one day, while on a walk with his friend, the secret is revealed. As Brian saves the day with the help of his jeans, he shows that being true to yourself no matter what people say can empower you to help others.

Brenda Li also writes a blog and her July 26th post features 5 easy ways to teach kids to be true to themselves: a guide for parents, teachers and educators.



**Pig in jeans + pals**

Access the blog  
here



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