

5 WAYS TO MAKE MORE TIME FOR BREAKFAST

Breakfast is a vital part to both health and school performance. For children, breakfast provides a critical foundation for all-day learning. Eating breakfast-at home or at school-has been shown to improve math grades, vocabulary skills, problem solving, and memory. Skipping breakfast is literally a no-brainer. When children skip breakfast, they have no brain fuel for their morning classes. Eating breakfast helps to get new information into children's brains every day, not just to get it out on tests days. Studies show that breakfast skippers have trouble distinguishing among similar images, show increased errors, and demonstrate slower memory recall. Students who do eat a well-balanced breakfast have fewer absences, discipline problems, and school nurse visits.

- Do morning chores at night prior to bedtime
- Set alarm clock earlier to make more time to prepare and eat breakfast
- During “breakfast time”- only allow children to eat breakfast, not watch TV, play video games or use the computer
- Make sure healthy, energy-promoting foods are available in the kitchen
- At least one morning a week, preferably on the weekend, set time aside for a special family breakfast (i.e. pancakes, waffles, French toast, etc.)