



January

Another year has flown by, and here we are, at the start of a new one! This January, leap into the New Year with an open heart and an [energized body](#). Read on to learn about sleep and how a certain day this month holds a special message for your kids!

This Year's New Year's Resolution: Sleep On It!

Did you know that eating healthfully and exercising regularly are only two pieces of the puzzle when it comes to maintaining a healthy weight? Another key piece is sleep! Too often, sleep goes out the window as we run around doing everything we need to do. Think about it: Super Kids can only be raised by Super Parents, and that's no easy task! From cooking healthy meals to taking care of work commitments to picking kids up from school and soccer practice, parents are constantly on the go! It's no surprise then that over 35% of adults don't get the recommended 7-9 hours of sleep a night. Not sleeping enough is associated with higher disease risk as well as weight gain, while people who do get sufficient sleep report better overall health. These people can also lose and maintain weight much easier. We can't think of a better reason to put sleep at the top of this year's New Year Resolutions list! Here are some tips to get the best sleep possible:

- Sleep at the same time every night, even on weekends when possible!
- Avoid large, heavy meals before bedtime.
- Avoid drinking [caffeine](#) too late in the day (it'll keep you awake!).
- Exercise regularly—it's linked to higher-quality sleep and will help you fall asleep faster.
- Don't use your phone or watch TV in bed—reserve your bed for sleeping and cuddling only!



[Teach your kids the importance of sleep](#), and have them make it a resolution, too!

Martin Luther King, Jr. Day is more than just a day off from work or school! This year, make the day really special by celebrating it with your kids and teaching them why this day is so important! Need some help? Here are some lessons to share with the little ones.

- Treat every single person the way that you want to be treated—with compassion and fairness.
- Think of all the ways we are all so different—and now think of how, on the inside, we are all really the same. We all have feelings and emotions, and we all just want to be happy.
- Never give up on your dreams or goals! Believe in yourself and always looks for solutions when something gets hard.
- If someone is being mean to you, think of ways that you can stand up for yourself without being mean in return.
- Give back to your community by doing things to help other people without expecting to get anything back.

Parent Power Tips from SuperKids Nutrition Founder - Kid's Choice!

If you feel like dinner time is a constant battle of wills, try taking a new approach. Made dinnertime a collaborative experience and have the kids choose the meal AND [help you cook it!](#) By having them choose what they want to eat, and involving them in the process of actually making the meal, you're empowering them to make better decisions. Make a deal with your kids to have a "Kid's Choice Night," where they choose the menu and help you cook it! Just make sure to set some ground rules:

- They have to pick 2 vegetables—one of them has to be a color from the rainbow. Fresh or [frozen](#) works!
- They have to pick one healthy source of protein (lean meats, beans, etc.), and it can't be fried!

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