



A parents and carers guide for:

Happy healthy holidays for teenagers



FOOD AND NUTRITION

A healthy balanced diet with all the nutrients and vitamins needed for growing is important.

Try to reduce or avoid energy drinks and caffeine which can interfere with sleep.

SLEEP

As their brains develop, teenagers' sleep patterns can shift to later nights and later mornings.

Teenagers need between 8 to 10 hours of sleep, but many get much less and experience sleep deprivation. Maintaining a regular sleep pattern is important, especially as the new school term approaches.

Screen time and bright lights can impact on the quality of sleep. Avoid phone use at bedtime and install a night-time filter.

Behaviours To Watch For

If you start to notice changes in your teenager's behaviour, seek help or guidance from your school nursing service, even in the holidays.

- ongoing mood swinging
- withdrawal from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves (e.g. eating, personal hygiene)



