The Canadian Army Performance Triad (CAP3)

Prepare for Back to School

Resources to help parents prepare their kids for optimal performance
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Summer is a great time to relax, connect, and keep your children healthy and fit! It also provides the opportunity to help your children stay engaged in activities they love, explore new things, and create new habits. Before you know it, everyone will be preparing for the new school year. This toolkit helps you understand the basics of good sleep, activity, and nutrition to help your children grow, have good health habits, stay physically fit to live long, healthy lives and be prepared to go back to school.

The CAP3 combines Sleep, Activity, and Nutrition to help members of the Army Family perform at their best – in school, at work, and everywhere in between! Practicing the CAP3 as a family will help you work toward your goals for healthy living, while also teaching your kids healthy habits that will follow them into adulthood. Build a strong and happy family through healthy living!
FACT SHEETS
Get the Facts!
Learn How Sleep, Activity, and Nutrition Can Positively Influence Your Child’s School Performance

Academic Performance
- It feels good to do well in school. Did you know that children who are more active score better on tests and get better grades? Help your children choose some fun activities and have them choose an activity where they have to be active for at least 60 minutes every day!
- Did you know that children who get the right amount of sleep for their age, tend to do better academically. Their moods, balance and coordination are generally better and they think more clearly and remember things better.
- Providing your children with good nutrition supports their ability to think and learn.

Physical Health and Performance
- Developing an active lifestyle when we are young has lifelong benefits. We know children who are active from a very early age have lower rates of injury, better bone health, and are less likely to become overweight or obese as adults.
- Putting your children to bed at night so they get enough sleep benefits everyone. You get a little more time to yourself and they get more sleep and positive benefits to their mental, emotional, and physical growth and development. We know sleep-deprived children are at higher risk for being overweight or obese. Not convinced? Without enough sleep, it is harder for children to produce enough of the hormones they need to promote normal growth.
- A well-balanced diet reduces a child’s risk of being overweight or obese. It strengthens their muscles and bones, and it improves their brain functioning and increases their overall energy levels.

Behavior
- We can all move more throughout the day! Encourage your child to get 60 minutes or more of play and activity each day. This reduces stress and anxiety in children. Children who are well rested are just more fun to be around! They tend to cooperate more, be less argumentative, have better control over their emotions and are typically more motivated throughout the day. Sleep contributes to their ability to pay attention and therefore they are able to do better in school.
- Take the time to help kick-start your child’s day with a healthy breakfast. A good breakfast can improve their mood and attitude and help them to stay focused in class longer.
Setting Your Child Up for Success

Your Child’s Brain is Developing – Fast!

**Stimulate**
Children ages 6-17 should have 60 minutes of activity per day for good health

**Rest**
Children need sleep

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Sleep (hours)</th>
</tr>
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<tbody>
<tr>
<td>3-5</td>
<td>10-13 hr</td>
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<tr>
<td>6-13</td>
<td>9-11 hr</td>
</tr>
<tr>
<td>14-17</td>
<td>8-10 hr</td>
</tr>
</tbody>
</table>

**Feed**
Demand healthy foods for your child

Lack of adequate consumption of specific foods, such as fruits, vegetables, or dairy products, is associated with lower grades among students.

Sleep, Activity, and Nutrition
SLEEP: Essential for your Child's Health, Performance and Well-Being

1. FACT: The amount and quality of sleep children get on a regular basis can improve their school performance and relationships with others. Studies have shown that students with better grades had more hours of sleep than those with lower grades.

2. FACT: A consistent bed time routine helps children and their parents get more sleep.

3. FACT: Children who engage in physical activity throughout the day are better sleepers. They tend to fall asleep faster and toss-and-turn less throughout the night.

4. FACT: Create great sleep environments that will improve the quality of sleep your child receives. The Canadian Sleep Society recommends that parents create sleep-friendly environments that are dark, cool, and quiet, for children to sleep better.

Good Sleep Habits

- Maintain a regular sleep schedule with a consistent bed and wake-up time, including weekends.
- Avoid watching TV or using electronics within an hour of bedtime. Better yet, remove electronics from sleep areas. The blue light from electronic devices such as smartphones and tablets may make it more difficult to fall asleep and interfere with sleep quality.
- Create a relaxing wind-down routine to cue sleepiness, such as reading a book, praying or talking with each other.
- Engage in regular physical activity each day, such as brisk walking or a bike ride.
- Avoid heavy meals two to three hours before bed.
- No caffeine intake 6 hours before bed.

Make Sleep a Priority in Your Child’s Day!

- Create a good sleep environment for your child. Make sure their room is quiet, cool, and dark.
- Remove distractions or items that will reduce their ability to fall asleep.
- Develop good sleep habits not just for your child but for the whole family.

How much sleep do families need?

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<tr>
<th>Category</th>
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<tr>
<td>Infants</td>
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<td>School Aged</td>
<td>6-13 years</td>
<td>9-11</td>
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<tr>
<td>Teenagers</td>
<td>14-17 years</td>
<td>8-10</td>
</tr>
<tr>
<td>Young Adults</td>
<td>18-25 years</td>
<td>7-9</td>
</tr>
<tr>
<td>Adults</td>
<td>26-64 years</td>
<td>7-9</td>
</tr>
<tr>
<td>Older Adults</td>
<td>65+</td>
<td>7-8</td>
</tr>
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</table>
Help Keep Your Child Healthy Through Exercise And Physical Activity!

Fact: Your Child Needs Regular Activity to be Healthy! Did you know that children ages 6-17 should have 60 minutes per day of activity for good health? This can be from organized sports, unorganized play, family exercise and activities, or any combination of those! Boys should have approximately 13,000 steps per day and girls should have about 11,000 steps per day of activity.

FACT: Weight Training is Safe and Healthy for your Child
Parents often ask, “should my child do resistance or strength training?” Yes! Strength or resistance training can be introduced when a child is ready for sports activities (usually around age 7 or 8) and should be performed 2 or 3 times a week to increase strength and contribute to fitness. Weights should be light and progressed slowly to avoid injuries. Visit the Dfit.ca family site for more information.

FACT: Exercise and Activity Improve Academic Performance and Reduce Stress
Did you know that physical activity and exercise can reduce symptoms of depression and anxiety in children, as well as improve academic performance? Physical exercise and activity has a positive effect on the brain’s health and function as well as the body’s fitness.

FACT: Exercise Should Be a Part of Weight Management for Your Child
Activity and exercise will definitely be helpful in maintaining a healthy weight for children and for helping overweight children lose weight. It’s important to remember that it takes more than exercise to maintain a healthy weight. Changes in diet and eating habits are the most important thing you can do for healthy body weight. Ask your healthcare provider if you are concerned about your child’s weight.

How Can I Help My Child be More Active?
- Reduce screen time (TV, computer, video games, and phones).
- Take a family walk after dinner.
- Play at the park or go for a family bike ride or hike.
- Explore opportunities to learn a new activity (such as martial arts, dance, or yoga).
- Volunteer for your child’s sports team or physical activity event.
- Invite them to take part in your physical activity.
- Lead by example

Places to get more information
- MFRC
- Base or local gym
- Dfit.ca
Concussion: Protect, Recognize and Treat

What is a Concussion?
A concussion is also known as a mild traumatic brain injury and is caused by a blow or jolt to the head that temporarily interrupts brain function.

When do Concussions Occur?
Collision and contact sports such as football, hockey, soccer, basketball, lacrosse, and wrestling are the sports with the highest risk for concussions. But concussions can also occur on the playground or during every day mishaps such as a child falling and hitting their head on the floor.

What if I Suspect my Child has a Concussion?
If you think your child has a concussion:
1. Remove them from the activity or the game
2. Quickly get them checked out by a medical provider

Concussion Signs Observed
- Can’t recall events prior to or after a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.

Concussion Symptoms Reported
- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down”.

Most concussions occur without a loss of consciousness or blacking out!
Concussion – Return to Play

According to Hockey Canada, the return to play process is gradual, and begins after a doctor has given the player clearance to return to activity. If any symptoms/signs return during this process, the player must be re-evaluated by a physician. No return to play if any symptoms or signs persist. The following 6 steps are guidelines for children returning to play after a concussion.

- **Step 1**: No activity, only complete mental and physical rest. Proceed to step 2 only when all symptoms are gone. This includes avoiding both mental and physical stress.
- **Step 2**: Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.
- **Step 3**: Try sport specific activities and training (e.g. skating).
- **Step 4**: Practice drills without body contact. May add light resistance training and progress to heavier weights.
- **Step 5**: Begin drills with body contact.
- **Step 6**: Game play. (The earliest a concussed athlete should return to play is one week).

**Note:** Players should proceed through return to play steps only when they do not experience symptoms or signs and the physician has given clearance. Each step should be a minimum of one day. If symptoms or signs return, the player should return to step 1, and be re-evaluated by a physician.

Prevention Tips – How To Make Play Safer!

There are many ways to reduce the chances of our young people sustaining a concussion. It is important to make sure children wear a properly fitted helmet when riding a bike or skateboard, while skiing or snowboarding or playing a contact sport.

**Players**
- Make sure your helmet fits snugly and that the strap is fastened
- Get a custom fitted mouth guard
- Respect other players
- No hits to the head

**Coach/Trainer/Parents/Referee**
- Eliminate all checks to the head
- Eliminate all hits from behind
- Recognize symptoms and signs of concussion
- Inform and educate players about the risks of concussion

Back to School and Sport

With proper rest and treatment, most kids can get back to school and sports in a short period of time. However, each concussion is different and each child responds differently to treatment. If there are any concerns about the recovery period, please talk to your healthcare provider!

For additional information about concussions please visit.

Concussion Awareness [Coach.ca](http://www.Coach.ca)
See the Smart Program at [www.parachutecanada.org](http://www.parachutecanada.org)
Hockey Canada [Concussion Awareness](http://www.parachutecanada.org)
Protect your Child’s Mouth during Physical Activity!

With a growing number of children involved in organized sports, there is an increased risk for oral and facial injuries. Athletes are 60 times more likely to suffer injury to their teeth and jaws when they fail to protect them.

The pre-formed and boil-and-bite mouth guards range in price from $8-$30; while the ones custom made by your dentist are more expensive. Various health units often offer custom mouth guards at reduced costs.

Mouth Guards save thousands of children from dental injuries and saves parents thousands of dollars in dental repairs. They reduce the risk of broken teeth and jaws as well as the need for costly dental repairs.

Help your child protect their teeth during physical activities

Sports related injuries are a major concern. Help protect your child’s smile by making sure they use mouth guards. They are an important part of your child’s athletic gear.

The Best Mouth Guards

The best mouth guards are the ones that fit properly. Make sure they are clean, smooth, and comfortable; when inserted your child should be able to speak and breathe normally.
Improve Your Child’s Health Through Good Nutrition!

FACT: Nutrition is directly linked to school performance. Studies have shown that kids who eat a well-balanced breakfast AND lunch do better in school. Kids who eat a healthy breakfast have more energy throughout the day, have improved concentration, get better grades, and maintain a healthy weight.

FACT: Eating regular meals helps to maintain and sustain physical and mental energy and assists with good behavior throughout the day to help kids do well in school.

FACT: Choosing healthier beverage choices, such as milk or water instead of sugary drinks, are associated with better child/adolescent health. Medical studies continue to show that sweetened drinks (with real or artificial sweeteners) can lead to overweight/obesity and other medical conditions. Bring a water bottle to school and fill it up for the day.

FACT: Remember food is fuel for your child’s performance! If your child plays sports or is physically active, plan their day with healthy meals and snacks to fuel their mental and physical performance.

WHERE TO START:
Dietary Guidelines for Canadians

According to the guide you should:
- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and lean protein.
- Lean protein can be: poultry, fish, beans, eggs, and nuts.

- Select calcium rich foods such as milk, yogurt, or soymilk.
- Select foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

The Canadian Food Guide helps individuals use the Dietary Guidelines to:
- Make smart choices from every food group.
- Find balance between food and physical activity.
- Get the most nutrition out of calories.
- Stay within daily calorie needs.
- Get information based on gender and age.

BECOME A Canadian Food Guide CHAMPION FAMILY! Here are some ideas for kids eating at school:
- Eat more fruits and veggies. Make half your plate fruits and vegetables every day!
- Try whole grains. Look for oatmeal, whole-wheat breads, or brown rice at meals.
- Re-think your drink. Drink fat-free or low-fat milk or water instead of sugary drinks. Limit fruit juice and go for whole fruit instead.
- Focus on lean protein. Choose protein foods like beans, fish, and lean meats.
- Slow down on sweets. Eat sweets, like cakes or cookies, once in a while and in small amounts.
- Be active your way. Find ways to exercise and be active for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.
Better Nutrition = A Better Student!

Begin with breakfast!

Kids who eat breakfast:
- Have more energy throughout the day
- Concentrate better
- Get better grades
- Maintain a healthy weight

More fruits and vegetables improve health and school performance! Children and teens should fill ½ of their plate with fruits and veggies at each meal.

Fruits and vegetables:
- Provide essential vitamins and minerals
- Lower risk for chronic diseases
- Help kids maintain a healthy weight

Critical nutrients young athletes need

- Calcium
- Iron
- B Vitamins
- Zinc

Good Nutrition Fuels your Kids’ Sports and Activities!
Active children need enough calories and nutrients to support growth and development and their working muscles. Plan meals during the day that focus on healthy carbohydrates and lean protein. Then round them off with fruits and veggies!

Be a Nutrition Champion by doing the following:

- Eat more fruits and veggies
- Make ½ my grains whole grains
- Choose milk or water over sugary beverages
- Focus on choosing lean proteins
- Eat sweets as an occasional treat
- Be active at least 1 hour a day
Caffeine and School Performance Don’t Mix!

- Too much caffeine can impair your child’s growth
- Caffeine can raise a child’s heart rate and blood pressure
- Children can have difficulty sleeping and concentrating from taking too much caffeine

The most common sources of caffeine are beverages like pop, coffee and energy drinks.

Fruit juice is often perceived as healthy, but can have as much sugar and calories as regular soft drinks.

<table>
<thead>
<tr>
<th>SOURCE</th>
<th>CAFFEINE (mg) PER SERVING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy Drinks - 591ml</td>
<td>260</td>
</tr>
<tr>
<td>Coffee - 355ml</td>
<td>164</td>
</tr>
<tr>
<td>Coffee Drinks (lattes, mochas)</td>
<td>116</td>
</tr>
<tr>
<td>Caffeinated Teas - 235ml</td>
<td>36</td>
</tr>
<tr>
<td>Caffeinated Sodas - 591ml</td>
<td>75</td>
</tr>
</tbody>
</table>

Limit the juice, go for whole fruit.

The best drinks to offer children are low-fat milk and water. Both drinks are hydrating and loaded with nutrients.
Children and Caffeine
Perform Best Without Caffeine

- Caffeine is found in these types of drinks - regular and diet sodas, coffee and coffee beverages, tea, and energy drinks.
- Too much caffeine may impair your child’s growth and development. Medical studies have shown that caffeine effects the development of a child’s oxygen carrying capacity and mental alertness.
- Like adults, children who regularly consume caffeine can become dependent on and addicted to caffeine.
- Many caffeine-containing beverages may not clearly label the amount of caffeine that they contain and a good example of this is energy drinks. These are very popular among teenagers and young adults.
- Caffeine can raise a child’s heart rate and blood pressure. It can also cause headaches, upset stomachs, jitteriness and nervousness.
- Children can also have difficulty sleeping and concentrating from taking in too much caffeine.

Caffeine tips and recommendations for children
- The best beverages to offer children are water and milk.
- Caffeine offers no health benefit to children and can be harmful! We strongly encourage you to eliminate all caffeine-containing beverages from your child’s diet, especially energy drinks.
- Be a role model, minimize or eliminate caffeinated beverages from your own diet.
- Educate children on the dangers of too much caffeine.
- Caffeinated beverages are often calorie packed, contain sugar and offer no real nutritious value.

What’s life without a treat?
- Chocolate is a great treat to enjoy occasionally just not within a few hours before bedtime. Chocolate and foods containing chocolate have minimal amounts of caffeine, but remember, they are full of empty calories, sugars and fats!
A Healthy Mouth Can Improve Your Child’s School Performance! Frequently Asked Questions


2. **How does dental health affect school performance?** Children with dental pain have a difficult time paying attention in class. They often experience delayed social development and low self-esteem when it affects their speech or when their disease is noticeable to other children. Children with dental disease miss more days from school which disrupts their learning process.

3. **Does my child’s dental health impact their overall health?** Yes, dental disease can prevent your child from choosing healthy fruit and vegetable options, interfere with their quality of sleep and their interest in physical activities; over time this can have an impact your child’s overall growth and development. Seeking dental treatment early can prevent the spread of dental infection to other parts of the mouth and/or body.

4. **At what age should I begin taking my child to the dentist?** Schedule your child’s first check-up before their first birthday. Continue to visit twice a year for dental check-ups. Summers and school breaks are great times to visit your dentist.

5. **Limit the sugars.** Replace sugary foods and beverages with some raw fruits and vegetables. Provide them more water throughout the day, it rinses away foods and protects against decay. Make brushing with fluoride toothpaste a part of your child’s morning and bedtime routine. Soft bristle toothbrushes are recommended.
Mental Health – A Family’s Well-Being

Mental Health Defined: Mental health is a state of psychological well-being characterized by continuing personal growth, a sense of purpose in life, an ability to focus, prioritize and plan effectively, self acceptance and positive relations with others. Our mental health is expressed through how we think, feel and act in response to the challenges of daily life.

Mental illness affects everyone, as we are likely to know an individual who has been impacted by mental illness. Mental illness is like any other illness – individuals needs care and support.

School/Life Balance
➢ The Canadian Mental Health Association describes the importance of a balance - more than ever before, Canadians play many different roles in their lives. They must also make room in their lives for taking care of their own physical and mental well-being. Not surprisingly, achieving balance among all these competing priorities can be difficult.

For additional information about Mental Health visit http://www.cmha.ca/. Also, the Canadian Mental Health Association provides Mental Fitness Tips and Mental Health Meter.

Children
➢ The Canadian Mental Health Association states that it is never too early to consider children’s mental health. Parents play a crucial role in guiding the development of their child’s self-confidence and emotional strength and balance. Children don’t come with a manual and parents can’t always recall how they felt and thought when they were children.

Children, Teenagers and Depression
➢ Children and teenagers can experience mental illnesses including depression. There are certain pressures of growing up. This can cause a lot of concerns for some children. It is important for adults to understand that depression does affect children and teenagers. Depression should be taken seriously.

Feeling Angry
➢ All individuals feel upset and angry at times and can resolve the situation or problem. However, excessive anger can create many problems in a person’s life and the lives around them. It is important to understand when anger is a concern or problem. It is important to seek help if anger is an issue.

Stress
➢ Stress is a subject that is often discussed but rarely understood. There are both the good and the bad types of stress. On occasion, stress can be overwhelming but there are strategies to help control and manage stress. It is true – stress is a part of being alive.
9 Mental Health Resources for Military Families

- **Centre for Addiction and Mental Health**
  The Centre for Addiction and Mental Health (CAMH) is “Canada's largest mental health and addiction teaching hospital. CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues.” This website includes various links, such as, popular issues and topics, new research, how to get help, information for families, local events and so on.

- **Mental Health–Veteran's Affairs Canada**
  This is a website link created by Veterans Affairs Canada (VAC) which provides information about the mental health services and benefits provided for “Veterans, Canadian Armed Forces (CAF) members, RCMP members, and the families of those living with a mental health condition.”

- **Post Traumatic Stress Disorder Association**
  "This website was created for those experiencing Post Traumatic Stress Disorder and for their support system of family, friends and fellow workers."

- **Getting Help: When and How**
  This page was created by the Canadian Mental Health Association to help people who are feeling overwhelmed due to a mental health illness, an accident or an emotional crisis.

- **Ten Tips for Mental Health - Canadian Mental Health Association**
  This page was created by the Canadian Mental Health Association and suggests ten tips to improve mental health.

- **My Life - It's Cool to Talk about it!**
  "This website contains information for educators, parents and students. The site provides tools to help high school students understand stress and its effects, the importance of maintaining their mental health, links to mental health information sites and an online quiz that allows teenagers to anonymously find out if they are ‘Feeling good about yourself or not?’"

- **Mental Health and High School**
  This website contains three separate entrances for students; teachers and school staff; and parent. The purpose of the website is to explore issues related to being a teen experiencing mental health problems and mental illness, as well as, to provide tools for teachers, counselors and parents.

- **Kids Help Phone**
  "Canada's only toll-free, 24-hour, bilingual and anonymous phone counselling, referral and Internet service for children and youth. Every day, professional counsellors provide immediate, caring support to young people in urban and rural communities across the country."

For additional information please visit: Mental Health Resources for Military Families
## References for Parents and Kids

### Sleep

The following links are valuable resources that should be visited to gather additional information regarding sleep.

<table>
<thead>
<tr>
<th>Some links of interest:</th>
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<tbody>
<tr>
<td>Canadian Sleep Society</td>
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<tr>
<td>National Sleep Foundation</td>
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<tr>
<td>Government of Canada – Safe Sleep</td>
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<tr>
<td>Health Canada – Is Your Child Safe? Sleep Time</td>
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<tr>
<td>Sleep Health</td>
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### Activity

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<td>Defence Fitness</td>
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<tr>
<td>ParticipACTION</td>
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<tr>
<td>Public Health Agency of Canada – Physical Activity</td>
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<tr>
<td>Personnel Support Programs</td>
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<tr>
<td>Health Canada – Physical Activity</td>
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### Nutrition

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<td>Health Canada – Canada’s Food Guide</td>
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<tr>
<td>Government of Canada – Food and Nutrition</td>
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<tr>
<td>Dietitians of Canada</td>
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<tr>
<td>Dietitians of Canada – Eat Tracker</td>
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**Sleep, Activity, and Nutrition**