

Rules & Guidelines - Host Home 11-2-92

1. Sodas - no more than 2/day total - incl. school time.
Water is OK - 8 gl/day Eating Dis.

V-B quic - alot of Na⁺

2. Sugars -

3 cookies/day - reg. size

Granola bars for lunch

No Hot choc except brunch Sun or note -

3. no caffeinated coffee or tea

During mid am - Drop coffee, juice, milk, water -

nothing w/ sugar - no sweet tea in am

w.1" get down at noon - all am falling asleep at school

Breakfast - sweet rolls - cut them out
popovers no pancakes & syrup

Bedtimes

Stick to cereal, toast, fruit

Reduction

NOPEANUT BUTTER NO SUGAR and NO adding sugar
No Peanut butter toast.

Sorrambled egg
milk

- LOW SUGAR BREAKFAST

Do not put kids in
corner (Learn Therapy) -
It's "aluminum."

Fruit, granola bar, sandwich - not marshmallow sandwich
Peanut butter, chicken, deli meat. 2 than sl. of sandwich

Monitor the lunches - all the time x plenty (Confronting)

Sandwiches or fried chicken only!

No pop. graham cracker sandwiches

no yogurt & 2 sandwiches

"liter eat in
Phaser Room"
No Sound

↓ Drop

Client not getting enough sleep

Enforce bed time & consequences

How? how of sleep on 8 or 9!

3-4 hrs sleep is unhealthy

p. is cold
Self-united
now "sick"

Going over an mt -
20 min at least -
but not necessarily
more. Kids highly
sensitive to home
family stress off self.