S.A.F.E. goals
S.A.F.E. goals

Sleep—Watch your child for fatigue and provide rest periods during the day. Your child should sleep at least 8–10 hours every night depending on their age. Ask your child’s doctor about safe sleep aids like melatonin and essential oils if your child isn’t sleeping enough.

My child’s age: ____________

Recommended hours of sleep: ____________

Activity—Your child should keep both feet on the ground while playing for a while to prevent another injury. Their doctor will tell you when they can resume normal activities again. However, it’s important for your child to do light physical activity at least 30 minutes a day, such as walking.

Food/Fluid—A healthy diet will also help your child heal. They should eat plenty of fruits and vegetables, lean protein, and whole grains and avoid processed and sugary foods. Make sure your child stays hydrated by drinking plenty of water. Don’t give them soda and sugary drinks.

My child’s recommended daily fluids and calories: ____________________________________________

Environment—Make sure your child has some quiet time every day. They can become irritable and get headaches when overstimulated. Limit screen time (except when needed for school) to 2 hours a day, including TVs, computers, phones, and tablets. Your child should stop screen time at least 1 hour before going to sleep.