

LATINX CHILDREN WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



PHYSICAL ACTIVITY

46% did not participate in any physically active after school activities (e.g., sports, dance)

How can you improve physical activity?

1. Schedule your exercise session
2. Plan fun ways to exercise (e.g., dance class)
3. Exercise with family or friends

SLEEPING HABITS

30% take medicine at least 1-2 times a week to help them sleep.



How can you improve sleep quality?

1. Establish a daily routine
2. Stretch or practice mindfulness before you sleep
3. Turn off lights and electronics 30 minutes before you sleep

SCREEN TIME

Participants spent **150 MIN** on smartphones per day

How can you decrease the time you spend on your smartphones?

1. Set quiet hours on your phone
2. Plan activities with family and friends
3. Remove commonly used apps on your screen



NIÑOS LATINOS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



ACTIVIDAD FISICA

46%

did not participate in any physically active after school activities (e.g., sports, dance)

¿Como puedes mejorar tu actividad fisica?

1. Schedule your exercise session
2. Plan fun ways to exercise (e.g., dance class)
3. Exercise with family or friends

HABITOS DE DORMIR

30%

take medicine at least 1-2 times a week to help them sleep.



¿Como puedes mejorar al dormir?

1. Establish a daily routine
2. Stretch or practice mindfulness before you sleep
3. Turn off lights and electronics 30 minutes before you sleep

TIEMPO DE PANTALLA

Participants spent **150 MIN** on smartphones per day

How can you decrease the time you spend on your smartphones?

1. Set quiet hours on your phone
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