

# **THE IMPORTANCE OF BREAKFAST FOR KIDS**



**BREAKFAST WAKES UP OUR BODIES AND BRAINS TO LET THEM KNOW IT'S TIME TO GET GOING. EVEN THOUGH MORNINGS CAN BE RUSHED, LET'S SET OUR CHILDREN UP FOR SUCCESS BY MAKING SURE THEY START THE DAY WITH A HEALTHY, BALANCED BREAKFAST.**

**FOR MORE INFORMATION: [WWW.CHILDRENHEALTH.COM](http://WWW.CHILDRENHEALTH.COM)**