PSY 4315 Contemporary Parenting Essay 2

Essay must include textbook information and at least 1 additional peer-reviewed source as support. 4. Discuss the importance of healthy eating habits and the need for sleep for early adolescents. Explain how social-emotional factors can influence eating habits. Since young adolescents make more of their own decisions about eating and sleep, how can parents best guide them towards healthy choices in these two areas. (Note: no 1st person in APA). Be sure to support this essay with the textbook and at least 1 research article. TEXTBOOK: Holden, G.W. (2020). Parenting: A dynamic perspective. (3rd Ed.) Sage. Please copy the link below for book access. https://bookshelf.vitalsource.com/#/books/9781544358116/epubcfi/6/32%5B%3Bvnd.vst.idref%3Ds9781544358123.i1132%5D!/4/2%5Bs9781544358123.i1132%5D/20%5Bs9781544358123.i1235%5D/8%5Bs9781544358123.i1241%5D/10/2/2%400:0