

# Back-to-school health checklist



While shopping for supplies and new clothes is important, keeping your child healthy is crucial for a successful academic year. These tips can help you boost your child's academic potential by prioritizing their health.

## Preventive examinations

Regular health screenings are essential for monitoring your child's growth and ensuring optimal development. Key screenings include:

- Comprehensive physical exam
- Dental check-up and cleaning
- Vision assessment
- Hearing evaluation
- Student athletes may require a sports physical before participating in school athletics

## Vaccinations

Ensure your child's immunizations are up to date. Check with your school district for specific vaccination requirements, as they may vary by state or region.

## Mental health preparations

The transition back to school and normal routines can be stressful and cause children to feel sad. Consider these tips to support your child's mental health:

- Discuss any anxieties or concerns about the upcoming year
- Create a positive morning routine to start school days on a good note
- Encourage open communication about social and academic pressures
- Maintain family routines and traditions or create new ones to provide stability and connection
- Be attentive to changes in behavior or mood that may indicate deeper issues

## Establish healthy habits

- Gradually adjust sleep schedules to match school routines
- Plan nutritious meals and snacks
- Limit screen time
- Encourage physical activity for better overall well-being
- Take your children outdoors to play

By following this checklist, you can help you ensure that your child is physically and mentally prepared for the challenges and opportunities of the new school year!



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