

# BACKTOSCHOOLCARE

A new school year is right around the corner. While kids may be the ones returning to the classroom, parents still have their own homework to do too: making sure their child has a healthy start. Before heading back to school, Wellstar health experts say it's more important than ever prioritize your child's physical and emotional well-being.

## COMPLETE YOUR CHILD'S HEALTH HOMEWORK

Set your child up for success this year by checking in on their well-being, and starting healthy habits before they go back to school.

- **Book medical appointments.** Before the school year begins and schedules get hectic, book your child's annual physical exam with their pediatrician, and other routine medical care such as dental and eye appointments.
- **Set routines.** Structure your day so that it's easier to transition to the school by creating set times to wake up, eat meals and go to bed.
- **Share medical and other important instructions.** Let the school know if your child has any health concerns or unique needs like allergies or medications.
- **Practice and prepare good hygiene habits.** Discuss habits that will help your child and others stay healthy, such as frequent handwashing and coughing or sneezing into their elbow.
- **Encourage questions and conversations.** Ask questions and have frequent conversations with your child to ensure they feel comfortable heading into the new school year.
- **Limit screen time.** Be sure to limit your child's screen time an hour before their bedtime, so they can wake up well-rested and feeling their best.

## WAYS TO BE TOP OF THE CLASS

After you've set your child up for a safe, healthy school year, take time to complete these other tasks before they head back to the classroom.

- **Finish summer assignments.** Be sure your child completes any assignments, such as their summer reading list.
- **Complete school registration.** Whether your child is returning to or starting a new school, find out what steps and paperwork are required to complete registration.
- **Get the right school supplies.** Don't delay in getting your child's school supplies and be mindful of other items they may need, including school uniforms.
- **Talk about safety.** Review important safety measures with your child, including memorizing important phone numbers and their home address.
- **Role play the day.** Before your child's first day of school, talk through the day with them and plan details in advance, including their schedule and after-school care.

Start back-to-school planning now so that your child — and your entire family — are ready to enter the school year feeling excited about returning to the classroom.