

# QUICK TIPS *for parents* of school-age kids

**BACK TO  
SCHOOL  
EDITION**

Getting back into a school routine can be challenging after taking a couple months off. Here are some tips to help make the transition a little easier!

## **Develop a healthy sleep schedule**

- **Set a consistent bedtime** for your child and stick with it. Getting enough sleep is critical for kids to stay healthy and be successful in school.
- **Create a bedtime routine** that is consistent to help your child settle down and fall asleep. For example, a calming pre-bedtime routine may involve a bath/shower, reading with them, tucking them in and saying goodnight.
- **Have your child turn off electronic devices well before bedtime.** Try to have the home as quiet and calm as possible when younger children are trying to fall asleep.

## **Stay up-to-date on checkups & immunizations**

- If your child has not had a well-child checkup in the last year, schedule a back-to-school physical. They may also need an exam if they will be playing a sport at school.
- Make a plan for your child to receive required immunizations on time so they can stay healthy and in school.

Find out what  
vaccines your  
child needs:



## **Tune in to your child's mental health**

- Let your child know it's OK to talk about with you about how they're feeling.
- Prioritize family routines, meals and self-care breaks, like taking walks together. These can be a great chance to talk.
- Ask your pediatrician if you are unsure if your child needs help or how to start a conversation. Schools may also offer sources of mental health support.

## **Plan for mindful media use**

- The change in routine is a good time to create or update your family media plan so you can help your child balance screen time with sleep, exercise and other healthy activities. This is also a good time to talk with your child about how they use social media.

## **Talk about racism, bullying & kindness**

Some children are absent from school because of racism, hate or bullying.

- Talk with your child and encourage them to seek help from a trusted adult if they are discriminated against or witness an act of bullying or discrimination against others.
- Focus on the value of treating others with respect and how simple acts of kindness can make a big difference. In fact, research shows that kindness can reduce stress and offer health benefits for everyone.

Source: <https://www.healthychildren.org>



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