

BACK-TO-SCHOOL HEALTHY CHECKLIST

Help your child begin the school year healthy, prepared, and confident.

- ☐ Establish consistent bedtimes and wake-up times.
- ☐ Provide a nutritious breakfast before school.
- ☐ Prepare healthy lunches and snacks.
- ☐ Confirm annual physicals and immunizations are current.
- ☐ Schedule dental and vision appointments when needed.
- ☐ Review proper handwashing and hygiene.
- ☐ Encourage daily physical activity.
- ☐ Establish a homework and after-school routine.
- ☐ Keep track of major assignments, projects, and tests.
- ☐ Review walking, biking, bus, and pickup safety.
- ☐ Confirm the school has current contact and pickup information.
- ☐ Confirm emergency contacts and medical information.
- ☐ Make sure appropriate adults can access the school's parent portal.
- ☐ Establish reasonable screen-time boundaries.
- ☐ Ask how your child is feeling about school.
- ☐ Know whom your child can turn to for help at school.

A little preparation now can prevent a lot of stress later.