



BUILDING HEALTHY HABITS

Back-to-School is Here!

Hey there, Parents and Caregivers,

Can you feel the excitement in the air? The sunny days of summer are winding down, and it's almost time for backpacks, homework, and first-day jitters.

Shifting from summer freedom to school routines can be a big change for kids and for families! But don't worry: with the right routines, healthy habits, and a quick trip to the doctor for any needed check-ups, your child can start the school year strong and be healthy and ready to learn!

**We are wishing you a healthy, happy, and successful start to the new school year,
from all of us at Healthy and Ready to Learn!**

Building a Bedtime Schedule

1. Try to stick to the same evening routine every night.
2. Help your child in establishing their "biological clock."
3. Set up a cozy bed or space for them to feel comfortable and safe.
4. Make sure they drink a moderate amount of water before going to sleep.
5. Ensure that kids get enough of fresh air, sunlight, and activity during the day.
6. Begin chill down early in the evening.
7. Begin building these nightly routines slowly.

Back to School Shopping

1. School Uniform

Now is a good time to check in with your child's school to confirm the uniform and find out if they have any back to school deals or discounts.

2. School Supplies

If possible, try to buy supplies in bulk now, to avoid spending more money on full price items throughout the year.

3. Bags & Books

Consider reaching out to your school or teacher and asking for a supply list to avoid buying unnecessary items.

Back to School Check-Up

The back-to-school season is a great time to reconnect with your child's doctor. Knowing the right questions to ask will help in your child's growth, development, overall health and readiness to succeed in the classroom. Being proactive also helps prevent future illnesses and ensures immunizations are up to date.

Our medical professionals provide key questions to ask your doctor when you're getting ready for back to school.

