

## Here's What We Know:

# **Back-to-School Health and Wellness Checklist**



A healthy start sets the stage for a bright future. Prepare your child for a successful school year with this essential checklist.



### **Vital Visits**

See the pediatrician for a well-child visit and, if needed, a sports physical.



Schedule a vision check.



Make sure all vaccines are up to date.



cleaning.

Get a dental



## Mindful Moments



Ask your child how they are feeling and actively listen to

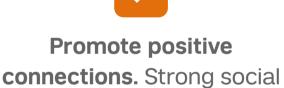
Have open conversations.

their responses.



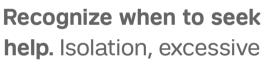
often and address any anxieties.

support. Praise your child



bonds with peers and supportive relationships

with teachers are vital for a child's sense of belonging and academic success.



worry, dangerous behavior and changes in

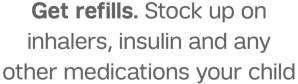
appetite are signs that your child might need professional help.



free of screen time, can help boost mood and focus.

Create healthy sleep routines.

Consistent sleep schedules,



might need at school.

Establish good hygiene habits. Practice washing

hands often and covering coughs and sneezes.

**Prioritize nutrition.** Plan healthy meals and snacks and encourage drinking plenty of

encourage drinking plenty of water throughout the day.

to find a Weill Cornell Medicine provider today.

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Get more tips for a healthy school year.

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