



Back to school checklist

Vision: children need a yearly vision screening. Poor vision can affect grades! If your child wears glasses, make sure they have a current prescription for their glasses.

Are immunizations current? Unless there is a recommendation from your healthcare provider not to have a particular immunization, your child should be up to date based on the recommendations provided by the Center for Disease Control (CDC). If they are not up to date, they may be turned away from school.

There has been concern about some vaccines being safe. The American Academy of Pediatrics states the benefits of vaccines outweigh the risks and therefore they are still recommended unless otherwise indicated by your primary healthcare provider.

Does your child have any chronic health issues such as diabetes or asthma? If so, a written out care plan for teachers and school nurses should be written out and signed by you and your healthcare provider. This helps the school personnel to know exactly how your child should be taken care of in the event there is a problem along with what medications he/she take, how to administer the medication and what they should do if they are not able to get in touch with you. Make sure all emergency phone numbers are up to date!

Sleep: As with children and adults alike, make sure your children get a good nights sleep. This helps focusing and ability to perform well during school. Establish routine bedtimes and wake up times. At bedtime make sure to take time for a bedtime routine to help quiet the mind such as reading.