Sending kids back to school healthy is crucial for their academic success and overall well-being. A healthy start to the school year reduces the risk of spreading illnesses, ensuring that children can attend classes regularly and engage fully in their learning. Promoting good health practices helps children develop lifelong habits that support their physical and mental health, contributing to their growth and development.

Schedule a Check-up: Ensure your child has an annual physical exam. This can help identify any health issues and ensure they are up to date on vaccinations.

Consistent Bedtime: Establish a consistent bedtime routine to ensure your child gets enough sleep. Aim for 9-11 hours of sleep for school-aged children.

Daily Exercise: Ensure your child gets at least 60 minutes of physical activity each day. This can include sports, playing outside, or family activities like walking or biking.

Vision and Hearing Tests: Schedule regular vision and hearing tests to ensure your child's senses are functioning optimally.

Personal Hygiene: Ensure your child practices good personal hygiene, including handwashing, bathing regularly and keeping their nails trimmed and clean.

Medication: Ensure any necessary medications, such as inhalers for asthma, are up to date and readily available.

Give us a call if you would like to schedule a visit for your child. We can also do school sports physicals!

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