

Staying Healthy During Back to School Season

A new school year has started. Check below for tips to ensure it's a happy and healthy experience for your children!



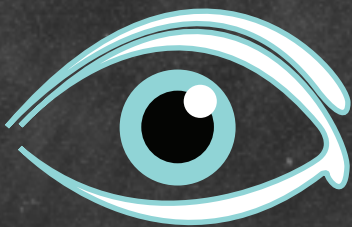
Hand Hygiene

- Encourage your children to wash their hands several times throughout the day, not just when they use the bathroom
- If allowed by the school, send a small bottle of hand sanitizer your child can keep in their backpack or at their desk
- For younger children, reinforce that they should not be putting their hands or other objects in or around their mouth



Sleep

- Lack of sleep can leave you feeling groggy and is also linked with various chronic diseases; help your child establish a healthy sleep routine at a young age that can be carried out through adulthood
- Most children need an average of 8-10 hours of sleep per night
- Limit screen time after school and put electronic devices away one hour before bedtime



Vision and Hearing Screenings

Has your child had their vision and hearing assessed either at their annual well-visit with the doctor or at school?



Bullying

Have you noticed any behavior changes, academic problems or anxiety/depression since the start of the school year? Very rarely do children come to adults for help when they are being bullied; start a conversation with your child to ensure they have not become a target for bullying.

For more information you can visit <https://www.hopkinsmedicine.org/healthlibrary/>, and <http://www.cdc.gov/sleep>