10 WAYS

TO HELP YOUR CHILD HAVE A HEALTHY SCHOOL YEAR

1. Be sure your child is up-to-date with immunizations, preventative healthcare and dental visits before the school year starts.

2. Get to know your child's school nurse.

3. Choose healthy, nutritious foods for lunches and snacks.

4. Schedule regular check-ups with a doctor, healthcare provider, and/or a dentist

5. Think about a daily routine that works for your family and try to stick to it.

6. Keep your child's teachers and school nurse in the loop about what's happening in your child's life.

7. Make sleep a priority. Depending on age, 8–12 hours per night is recommended.

8. Limit screen time. This will work wonders for your child's eyesight, mental health, and overall wellbeing.

9. Incorporate movement into the day. Students do a lot of sitting so incorporating physical fitness into your child's before-school or after-school routine is important.

10. Keep your child home from school when they are sick.

In partnership with other stakeholders, Moses Taylor Foundation is working to shine a light on the critical role school nurses play in promoting the health of children in our communities. Learn more at mosestaylorfoundation.org/SN.

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Advancing Our Legacy of Health