Checklist for a healthy “back-to-school”

The end of the summer means it’s “back-to-school” time! Below is a checklist to help your child stay healthy.

- **Get the required vaccines.** Your child’s health care provider should make sure your child is up-to-date.

- **Plan healthy snacks and lunches.** Fresh fruits, veggies, whole grain breads, lean meats, low fat milk and cheeses are good choices.

- **Inform the school of your child’s allergies.** These include a severe allergic reaction to any food item, insect stings, medicines, or latex.

- **Limit weight of backpack.** Be sure your child takes only the books and supplies needed for the day.

- **Make sure your child gets enough sleep.** A school-aged child should get at least 10 hours every night.