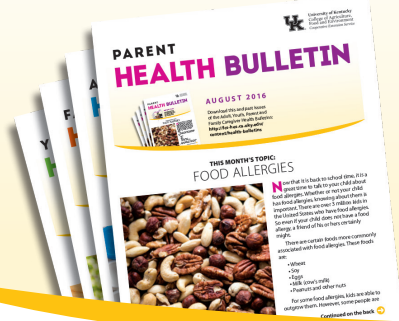




# PARENT

# HEALTH BULLETIN



## AUGUST 2019

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## THIS MONTH'S TOPIC: BACK TO SCHOOL



**A**s summer ends, there is always a lot to do to get kids ready to go back to school. The transition from summer to school can be stressful, and it's normal for kids to have some anxiety about school starting. Many children show signs of worry about schedules, schoolwork, or friends during the back-to-school transition. These back-to-school jitters should gradually diminish over the first few weeks of school starting.

Starting school can cause everyone to feel a little nervous about the first day. Try to focus on the positive things associated with going back to school, like hanging out with friends, meeting new people, and starting sports and other activities.

### Tips to ease back-to-school transition

- A few weeks before school begins, consider adjusting your schedule to get back on your school routine of bedtimes and wake-ups.

Continued on the back



# Make sure your children are getting enough sleep and eating a healthy breakfast.

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- Have kids practice organization by setting out what they need the night before like the clothes they are going to wear and things they will need for the day.
- Visit the school to explain how drop-off and pickup will work. If possible, have your child practice walking to class.
- To help your children ease back into school, write down the need-to-know information to help them remember details such as their locker combination, what time classes and lunch start and end, their homeroom and classroom numbers, and teachers' and/or bus drivers' names.
- Validate your child's concern that starting school can be hard, but reassure them it will soon become easy and fun.
- Make sure your children are getting enough sleep and eating a healthy breakfast.

*The transition from summer to school can be stressful, and it's normal for kids to have some anxiety about school starting. These back-to-school jitters should gradually diminish over the first few weeks of school.*



- Have your kids had the necessary immunizations?
- Have you filled out any forms the school has sent home, such as emergency contact and health information forms?
- Do the school nurse and teachers know about any medical conditions your child has, such as food allergies, asthma, diabetes, or other conditions they may need to manage during the school day?
- Do the teachers know about any conditions that affect how your child learns?
- If your kids will be riding the bus, do you know where the bus stop is and the drop-off and pickup times?
- If your child walks or bikes to school, have you mapped out a safe route?

#### SOURCES:

- <https://www.cdc.gov/features/back-to-school>
- <https://kidshealth.org/en/parents/back-school.html>
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/back-to-school-guide-for-parents>

## Tips for parents

Parents themselves can be a little nervous about the first day of school, especially if this is their first time sending their child. To help make it a little easier on everyone, parents can use this checklist to ease back into school:

- Does the school have a dress code?
- Will your kids buy lunch at school or bring it from home? If buying, do you need to set up an account?
- Do you have the necessary school supplies for the year?

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