



# Healthy Kids, Healthy School Year

## CHECKLIST FOR PARENTS & CAREGIVERS

Healthy kids spend more time learning, get better grades, and are better prepared for the future. Help your kid – and all kids – get a healthy start this school year.

### Preschool & elementary students

- Make sure your child is up to date on their immunizations.**
- Help them eat healthy.**
  - Make sure they get the recommended servings of fruits and vegetables; whole grains; fat-free and low-fat dairy or fortified soy products; and a variety of protein foods like seafood, lean meats, beans, eggs, nuts, and seeds.
  - Ask your school about ways to increase opportunities for healthy eating.
- Help them be active.**
  - Ensure they get 60 minutes of physical activity every day.
  - Ask your school about ways to increase access to physical activities.
- Keep their teeth healthy.**
  - Schedule a dental appointment every year.
  - Teach them to brush and floss daily.
  - Encourage them to drink tap water.
- Make sure they know when and how to wash their hands.**
- Practice positive mental well-being with them.**
  - Create family traditions, like family meals, seasonal activities, and holiday celebrations.
  - Enjoy nature – go for a walk or plant a garden.
- If they have asthma, help them manage it.**
  - Schedule twice-yearly asthma check-ups with their health care provider.
  - Provide a current copy of their Asthma Action Plan and all medications to the school health office.

