



Back-to-School Health ✓

New clothes and school supplies are on every parent's back-to-school checklist, but that's not all your child needs before they head back to the classroom. Review this checklist for a healthy start to the school year.

Immunizations

California law requires children to receive certain [vaccines](#). Immunization records should be submitted by parents or guardians of students in any school or child-care facility.

Medications and Medical Conditions

Make sure your kids have any meds they may need with them and let the school know about it. It is important to keep schools informed about any medical conditions your child may have.

General Health

A yearly physical gives parents and children an opportunity to discover and discuss current and potential health problems or concerns with a medical provider. The best place to have this completed is with the child's regular pediatrician.

Ease Back Into a Sleep Schedule

Gradually ease kids into an earlier bedtime and an earlier wake-up time—even just 5 to 10 minutes earlier each night and morning—a few weeks before school starts.

Reduce First-Day Anxiety

Parents can help ease these “back-to-school jitters” by talking about what to expect on the first day and packing their child's backpack with all necessary supplies the evening before.

Healthy Meal Options

Keep quick, healthy meal options on hand—whole-grain breads and cold cereals, oatmeal, yogurt, cottage cheese, fruit—to ensure a healthy start to the day.

Backpack Safety

A child's backpack should weigh no more than 10 to 15 percent of their body weight to reduce the chance of back pain or injury.

To find a pediatrician for your child, visit the online [Find a Provider](#) tool.