



Back to School - Setting a Schedule

Physical Well-Being and Motor Skills

Fuel for School!

A good night's sleep will help your child grow and be ready to pay attention during the school day.

Now is also a great time to reinforce healthy eating habits. Your child needs to have energy and be alert for school. Focus on healthy choices for breakfast and school lunches or snacks.

Make time for active play and exercise. Exercise will help your child cope with the new structure and expectations of school.

Tips for Parents

- Provide a healthy breakfast such as eggs, toast, fruit and milk
- Enroll your child in preschool - Children who attend preschool are better prepared for kindergarten
- Set a schedule that includes early bedtime
- Stick with a routine - Children like to know what is expected and when
- Go outside with your child, walk on a rail or straight line, and climb on a jungle gym at the park
- Turn off the TV and talk with your child
- Visit your child's pediatrician and dentist at least once a year

What does a ready child look like?

- Your child is healthy - Immunizations are up to date
- Your child has good oral health - Has visited his/her dentist
- Your child is well-rested
- Your child can use crayons, pencils and paint brushes
- Your child can button, zip, and tie or velcro shoes
- Your child can kick balls, hop on one foot and climb a ladder at the park
- Your child can use the toilet, eat, wash hands and blow nose all by him/herself



"I need 10-12 hours of sleep each night!"

