



## COUNTDOWN TO KINDERGARTEN

# CHECKLIST FOR A HAPPY AND HEALTHY SCHOOL YEAR

Dr. David Nelson, chair of the Department of Pediatrics at Georgetown University Hospital, suggests these simple tips for parents.



### Get organized

Organize all of your child's important health documents: medical forms, immunization records and emergency contact information.



### Practice simple routines

Make sure your child is active, has a regular bedtime and gets plenty of sleep. Practice tying shoes and opening and closing backpacks. Give your child simple tasks that will be done at school, such as picking up toys.



### Schedule a check-up

Make an appointment with your child's pediatrician to get all their immunizations up to date before they start school. Most states require that children get vaccinated before they start school. In fact, several shots may be required prior to entering school. Combination vaccines combine two or more vaccines in one shot. Fewer shots for your child can help make the doctor's visit easier on everyone.



### Go over safety rules

Do a "rehearsal" with your child before the first day so they understand where the school is and how they will be getting there and back. Talk to your child about riding the bus and crossing the street. Walk around the school and playground before the first day to show that school is a safe place.



### Share your contact information

Make sure the school has your emergency contact information. Be sure to have more than one phone number on the list, including cell phone and a home and business phone plus a trusted neighbor or friend as a back-up contact.



### Talk to the teacher and school nurse

If your child has a learning disability, allergies or any health condition that may impact learning, talk to the school nurse and your child's teacher directly so they understand your child's needs. Do not rely on the school health form alone.

## And most importantly...HAVE FUN!