

## Nutrition Matters

- Be a role model for a healthy diet
- Make a meal plan and pack ahead of time
- Eating healthy keeps kids healthy and energized at school
- Let kids weigh in on what they want to pack in their lunch. Offer them healthy choices so they feel like they are in control
- Avoid prepackaged, processed foods
- A smarter sandwich—choose whole grain or whole wheat bread
- Include a protein
- Skip the chips
- Don't forget the drink! Water, milk and 100% fruit juices are the best choices
- Be safe—pack lunches properly to ensure food safety

## Reinforce School Bus Safety

- Always board and exit at locations that provide safe access to the bus or school building
- Remind your child to wait for the bus to stop before approaching it
- Make sure your child walks where they can see the driver and the driver can see them.
- Do not move around on the bus; stay in seat!
- Check on school policy about eating on the bus—this can present a serious, life-threatening problem for children with allergies
- If your child has a chronic condition, have an emergency bus plan

## Making the First Day Easier

- Taking them to tour the school. Orientation can allow them to feel more comfortable.
- Reminding them others will also feel nervous.
- Ask them about what their worries are and assist them in problem – solving those concerns.
- Point out positive aspects of starting school will create positive anticipation.
- Remind them they will see their old friends and also meet new friends.
- You can also find another child in the neighborhood your child can ride the school bus with.

## Prepared

- Get back into sleep routine
- Shop for school supplies together
- Reestablish school routines
- Set up a homework station
- Review school material and information
- Get organized
- Get your child's yearly checkup
- Make sure immunizations are up-to-date

## Backpack Safety

- Choose a backpack with wide, padded shoulder straps and a padded back
- Pack light! Organize the backpack to use all of the compartments. A backpack should never weigh more than 10-20% of your child's body weight. Remove unneeded items weekly to keep it light
- Remind child to always use both shoulder straps; slinging a backpack over one shoulder can strain muscles
- Adjust the pack so the bottom sits at your child's waist.

## Sleep Better

- Adhere to regular sleep schedules. Start your child on their school sleep/wake schedule a week ahead of time so that time change is not a factor
- Cut back on evening caffeine
- Exercise regularly
- Ban tech from the bedroom