Waushara County Health News

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Get ready to go back to school…..

Besides the obvious new school supplies, backpacks, and clothes there's a lot to accomplish before school begins!!!

Fill out any necessary medical forms. If you need to have forms signed by your child's pediatrician, send them to your doctor's office as soon as possible. Also, if your child has a food allergy, contact your child's teacher before the school year begins to discuss any necessary precautions.

Schedule doctor, eye exams, and dental appointments. Many kids need certain immunizations before school starts, particularly those entering Kindergarten and 6
th
grade. Athletes in middle and high school need an athletic check up. Find out if your school requires certain medical forms for your child's doctor to sign.

Gradually move the kids' bedtimes up. You'll want to be sure your kids are getting plenty of sleep when school starts. If your kids have been staying up extra late this summer, you want to gradually move their bedtimes up by about fifteen minutes a night. This will make bedtimes easier on you when school begins, and it will help relieve the back-to-school jitters and insomnia.

Schedule a haircut for your child if you haven't already done so. School pictures are usually scheduled sometime in the first month of school.

Get excited about school starting. When kids see that you value education, they'll be more apt to value it as well. For those who plan and ease themselves back into the school year and routine, heading back for another year can be fun and exciting.