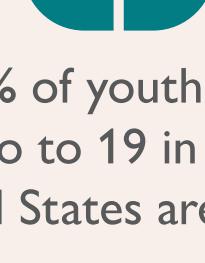


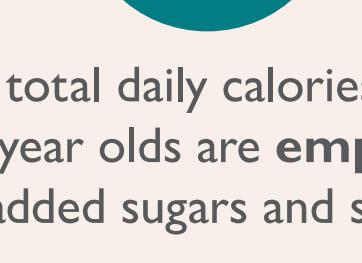
# BACK-TO-SCHOOL HEALTH: 4 TIPS FOR PARENTS



## Tip One: Focus on Your Child's Nutrition



17% of youth aged two to 19 in the United States are obese



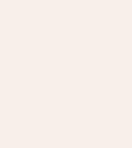
40% of total daily calories for two to 18 year olds are **empty calories** from added sugars and solid fats

### IF YOU HAVE A PICKY EATER:

Continue introducing new foods

Be a role model for a healthy diet

Don't use food as a reward

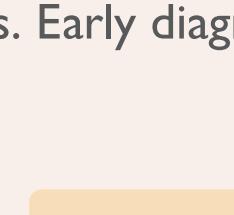


## Tip Two: Know the Risks Your School-Aged Child May Face



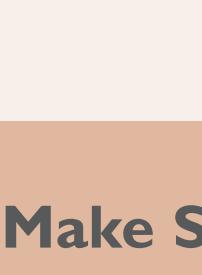
### HEAD LICE

The most common way to get head lice is by head-to-head contact that often happens during play time, sport activities and sleepovers.



### SCOLIOSIS

Watch for uneven shoulders or hips, and make sure your child gets regular scoliosis checkups. Early diagnosis is key.



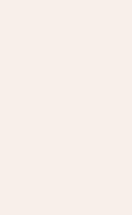
### BULLYING

Only 17% of children seek help after being bullied. Don't miss the early signs: changes in behavior, academic problems, anxiety, depression and self-harm.

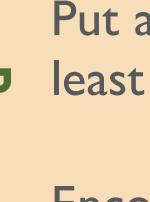


### POOR VISION

Squinting, tilting the head and holding handheld devices too closely are just some of the signs your child may have a vision problem.



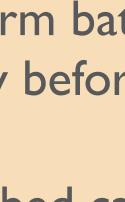
## Tip Three: Make Sleep a Priority



Children (and adults!) lose sleep due to **OVERUSE** of digital devices



Sleep is **EQUALLY** as important as diet and exercise

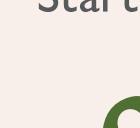


Most healthy children need **EIGHT TO 10 HOURS** of sleep each night

### ESTABLISH A SLEEP RITUAL:



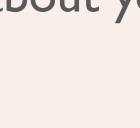
Put away electronic devices at least one hour before bedtime



Encourage children to read a book before bedtime



Avoid exercise, a warm bath or a hot shower shortly before bed



A light snack before bed can be beneficial, but avoid caffeine

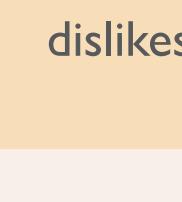
### SOURCES

Johns Hopkins Medicine: pediatric dietitian Meredith Thivierge, pediatric dermatologist Bernard Cohen, pediatric ophthalmologist Elizabeth Collins, professor of orthopedic surgery Paul Sponseller; *Journal of the Academy of Nutrition and Dietetics*; USDA Center for Nutrition Policy and Promotion; U.S. Department of Justice; Centers for Disease Control and Prevention; U.S. Obesity Trends, 2011; Pew Research Center; International Food Information Council Foundation; School Nutrition Association



JOHNS HOPKINS  
MEDICINE

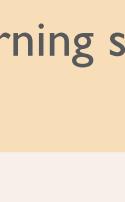
### Start the conversation by talking to teachers about your child's:



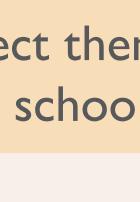
Likes and dislikes



Strengths and struggles



Preferred learning styles



Any other issues that may affect them at school