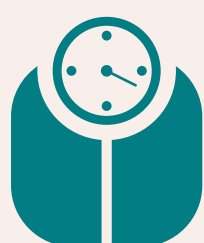


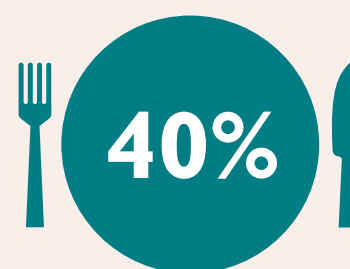
BACK-TO-SCHOOL HEALTH: 4 TIPS FOR PARENTS



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:

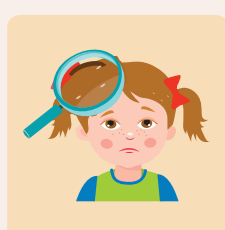
Continue introducing new foods

Be a role model for a healthy diet

Don't use food as a reward

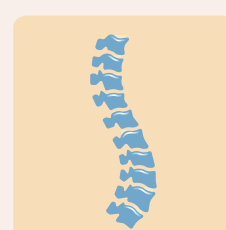


Tip Two: Know the Risks Your School-Aged Child May Face



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



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



Encourage children to read a book before bedtime

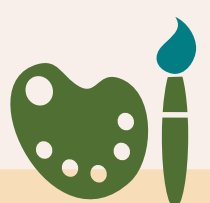


A light snack before bed can be beneficial, but avoid caffeine

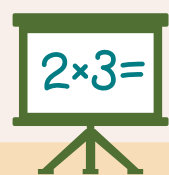


Tip Four: Be a Partner in Your Child's Education, Health and Wellness

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

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