

QUICK TIPS *for parents* of school-age kids

SEPTEMBER 2026

**BACK TO
SCHOOL
EDITION**

Helping Your Child Have a Healthy & Successful School Year

1



BUILD HEALTHY SLEEP HABITS

Good sleep helps children stay alert, focused, and ready to learn.

- Keep the same bedtime and wake-up time - even on weekends.
- Create a calming bedtime routine.
- Turn off screens at least one hour before bedtime.

2



FUEL THEIR DAY: HEALTHY FOOD OPTIONS

Healthy eating helps children concentrate, stay energized, and perform their best.

START WITH BREAKFAST

- Whole-grain toast & peanut butter
- Yogurt with fruit
- Eggs & whole-grain toast
- Oatmeal with berries

PACK A HEALTHY LUNCH

- Lean protein
- Whole grain
- Fruits
- Veggies
- Calcium-rich foods

HEALTHY SNACKS

- Fresh fruit
- Veggies & hummus
- Cheese sticks
- Yogurt
- Trail mix (if allowed)



Choose more whole foods. Limit sugary drinks, chips and candy.



WATER IS ALWAYS THE BEST DRINK CHOICE!

3



SUPPORT GOOD HOMEWORK & STUDY HABITS

- Pick the same homework time each day.
- Create a quiet, well-lit study space.
- Limit distractions like TV and phones.
- Encourage short breaks during longer assignments.
- Praise effort- not just grades.



Reading together for even **20 minutes a day** can strengthen literacy skills and build confidence.

4



NURTURE MENTAL WELLNESS

- Ask your child how they are feeling.
- Encourage open conversations.
- Maintain family routines and meals.
- Spend time together each day.
- Reach out to your child's school or pediatrician if additional support is needed.

5



PRACTICE HEALTHY SCREEN HABITS

Help children balance screen time with:



Sleep



Physical Activity



Homework



Family Time

6



STAY UP TO DATE

✓ If your child has not had a well-child checkup in the last year, schedule a back-to-school physical. They may also need an exam if they will be playing a sport at school.



Make a plan for your child to receive required immunizations on time so they can stay healthy and in school.

7



BE KIND

Help your child understand that kindness matters. Encourage them to:



Include others



Stand up to bullying



Respect differences

A POSITIVE SCHOOL CLIMATE HELPS EVERYONE SUCCEED.



HEALTHY STUDENT CHECKLIST

- ☐ Consistent sleep schedule
- ☐ Nutritious meals & snacks
- ☐ Drink plenty of water
- ☐ Homework & study routine
- ☐ Limited screen time
- ☐ Physical activity each day
- ☐ Up to date on checkups & immunizations
- ☐ Positive connections
- ☐ Kindness & respect

MOBILE HEALTH CLINICS

The **Chautauqua County Health Department's Mobile Health Clinics** can help children stay up to date on immunizations.



VIEW OUR CALENDAR

Scan QR code or visit HealthyCHQ.gov to see upcoming dates and locations.



FIND OUT WHAT VACCINES YOUR CHILD NEEDS.

Scan QR code to learn more.



Chautauqua County
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DEPARTMENT
Prevent. Promote. Protect.



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