



3

QUICK TIPS for parents of school-age kids



It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.

Tips for a Healthy School Year



1

The start of a new school year is the perfect time to establish healthy routines that help children learn, grow, and succeed. View our Back to School resource for simple tips on healthy eating, quality sleep, homework habits, mental wellness, and other everyday practices that can make a big difference throughout the school year.

View our
Back to School
Healthy Quick Tips



[More Tips](#)



Kinship Care Support

2

Many grandparents and relatives are stepping into the role of caregiver and helping children stay connected to family, school, and community. While kinship care can be rewarding, it can also bring new challenges with healthcare, school, legal questions, finances, and everyday parenting responsibilities.

Support is available through **Chautauqua County Office for the Aging Services** and **NY Connects**.

[**Find support and resources**](#)



Children's Eye Health

3

Healthy vision is essential for learning, reading, and everyday activities. Because vision problems can develop gradually, children may not realize they are having trouble seeing. Learn how to recognize the signs of potential vision problems and discover simple ways to support your child's eye health through regular eye exams, healthy habits, and everyday prevention.



[**Be Proactive**](#)

