

Healthy habits for the school year.

To have a great school year, kids need to stay healthy. That's because research shows that healthy students are better learners. Now is the perfect time to prioritize these healthy habits and help your child get back to everything that makes the school year great.



Wash your hands

Proper handwashing with soap and water is one of the most effective ways to reduce the spread of colds, flu, and other illnesses. Make sure your child knows how to effectively wash their hands, as this helps keep other students, their families, and school employees safe.



Stay cool

School may have started, but the heat isn't taking a break just yet! Remember to limit outdoor activity during the middle of the day, and in particular, schedule any workouts or practices for the morning or evening when possible. Wear sunscreen, stay hydrated, and pace all activity.



Stay active

It's not just for summertime fun. Being physically active can help reduce a child's anxiety and even help them focus in school. Experts recommend children get 60 minutes of physical activity per day, which can include running, walking, or playing sports before, during, and after school.



Get vaccinated

Remember to get all necessary vaccinations! From newborns to college students, vaccines help protect children as they grow into adulthood. Talk to your child's pediatrician about what immunizations they're due for before each school year begins.



Discuss the harm of e-cigarettes

In 2018, 1 in 5 high school students and 1 in 20 middle school students reported using e-cigarettes within the previous 30 days. Nicotine is particularly harmful for developing adolescents, as it impacts the areas of the brain responsible for learning, attention, and memory.



Plan for emergencies

From allergies to medications or assistive devices like wheelchairs or hearing aids, make sure your child has a written emergency care plan, and let your child's teacher know what they need. Accidents and injuries can occur at any time, so make sure to locate your nearest pediatric ER before you need it.

We wish you and your family the best for the school year ahead. And know that in case of an emergency, you can always depend on expert care from the Lauren Small Children's Center at Memorial Hospital, home to the Robert A. Grimm Children's Pavilion for Emergency Services, the only dedicated pediatric emergency department between Los Angeles and Madera. Learn more at [DignityHealth.org/Bakersfield/Pediatrics](https://www.dignityhealth.org/Bakersfield/Pediatrics).

Source: CDC