



# Back-to-School Wellness Visit Checklist

Before the visit, make sure your child is enrolled in health insurance.



## What vaccinations does my child need?

Numerous studies have shown the safety and effectiveness of routine vaccinations. A recent study in Pediatrics found that vaccines rarely led to health complications and the benefits of routine childhood immunizations far outweigh any potential risk.



## When is the best time for my child to receive a flu shot?

Flu vaccination should begin soon after the vaccine becomes available, ideally in the fall. However, as long as flu viruses are circulating, the vaccine should continue to be offered throughout the flu season, even in January or later.



## Can my child hear and see clearly?

Up to 1 in 4 children have vision problems, and about 15 percent of children ages 6-19 have some sort of hearing impairment, so ensuring your child is properly assessed is important. Most of the time, younger children aren't aware or don't know how to articulate that they can't see or hear properly.



## What is a healthy weight for my child?

Ask about ways to improve diet and exercise habits. Some school districts have been cutting down on physical education classes, so learn how your child can stay active even when not in school.



## How much sleep should my child be getting each night?

Sleep is extremely important for your child's health and to help them succeed academically. Talk to your doctor about ways to get your child's sleep schedule on track and ensure they are getting enough sleep.



## Check that your child's school has access to their medical records

This includes records of their medical history, the doctor's name, location, and phone number and any other important information the school might need.

P.S.: Don't forget to schedule a dental checkup with your child's dentist!

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