UMRHN
UPPER MIDLANDS RURAL HEALTH NETWORK

August 2016 — Back to School Tips

Tips for Parents to Ensure a Successful School Year

Provide parent/guardian contact information and update the school with any changes.

Develop a routine for homework and after school activities.

Establish a bedtime and wake-up time to ensure adequate and consistent sleep.

Encourage your child to eat breakfast each day at home or at school.

Get Involved! Sign up for the parent teacher organization (PTO) and mark events such as back-to-school night and parent/teacher meetings on your calendar.

Tips to Ensure a Healthy Year for Your Child

#4 **Make sure immunizations are up to date. Access Immunization Requirements at SCDHEC website:**

http://www.scdhec.gov/Health/Vaccinations/

#1 **Introduce yourself and your child to the school nurse.**

#5 **Make sure your child's medication and/or medical devices (epinephrine auto-injectors, asthma inhalers, insulin, etc.) will be readily available in case of an emergency.**

#2 **Make your child's health concern known to the school and school nurse.**

#3 **Bring current signed healthcare provider orders for treatments and all medications to be given at school. Bring the medication in the original pharmacy container.**

Source: National School Nurse Association and SCDHEC

UMRHN Community Members

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