

Back-to-School Health: Setting Your Family Up for Success

Healthy family routines can help everyone start the school year feeling prepared, energized, and ready to thrive.

Back-to-school season is a great opportunity for families to reset routines that support overall health and well-being. Roughly **7 out of 10 high school students don't get enough sleep** on school nights, which can affect attention, mood, behavior, and academic performance. Establishing healthy habits together can help make the **transition back to school smoother** and set the whole family up for a successful year.

Healthy Habits for a Strong School Year

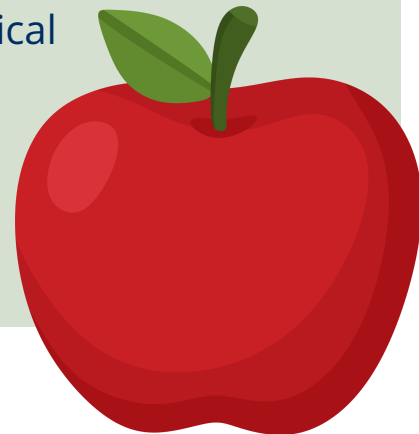
Get back on a sleep schedule: Start adjusting bedtimes and wake-up times 1 to 2 weeks before school begins.

Schedule preventive care: Book annual physicals, dental cleanings, eye exams, and any recommended vaccinations before the school year gets busy.

Create a consistent evening routine: Set aside time each night to prepare for the next day and limit screen time before bed to help reduce morning stress.

Stay active as a family: Aim for at least 30 minutes of physical activity each day through walks, bike rides, or outdoor play.

Plan healthy meals together: Prepare lunches and snacks ahead of time and aim to include a fruit and vegetable with every meal.



SOURCE: THE CENTERS FOR DISEASE CONTROL AND PREVENTION