

Back-to-school checklist

The start of the new school year is right around the corner. Parents can ease the big change and alleviate stress by using this **back-to-school readiness checklist** from the RWJBarnabas Health Children's Health network and the RWJBarnabas Health Medical Group:

Fill out any forms your school has sent home, such as emergency contact and health information forms before school starts.



Inform the school nurse and teachers about medical conditions your child may have, particularly food allergies, asthma, diabetes, and any other conditions that may need to be managed during the school day. Coordinate with the school nurse to administer medications your child might need.



Pack a **healthy, balanced lunch** with a mix of protein, grains, fruit and vegetables, if possible.



Establish a **bedtime routine** at least one week before school starts.



Be sure your child has a **sturdy backpack** with padded shoulder straps and avoid overloading it.

Stay up to date with **flu and recommended childhood vaccines**. Children 12 and over may also be vaccinated for COVID-19; ask your primary care provider for more information.



Let teachers know about conditions that may affect your child's ability to learn. For example, children with ADHD should be seated in the front of the classroom and children with vision problems should sit near the board.



Your insurance accepted
RWJBarnabas Health Medical Group providers accept most major insurances. Medical insurance varies by provider, please call your insurance carrier to verify coverage.

Schedule an appointment

To schedule an appointment with an RWJBarnabas Health Medical Group provider, please visit [rwjbh.org/medicalgroup](https://www.rwjbh.org/medicalgroup) or call 1-888-724-7123.