



Back-to-School Campaign Supervised by Pediatricians

Back-to-School Campaign - Supervised by Pediatricians

Healthy Preparation for Back to School

- Conducting the Annual Growth Check (weight, height, BMI)
- Ensuring that the required vaccinations are completed
- Dental, vision, and hearing examinations
- Monitoring chronic diseases (if any, such as asthma or diabetes)

Mental Health and Psychological Preparation

- Talking Positively About School with the Child
- Creating a Relaxing Morning Routine
- Training the Child to Spend Time Away from Parents to adapt
- Accepting the Child's Feelings in the First Week

Boosting Immunity and Preventing Infection

- Teaching the Child the Correct Way to Wash Hands
- Emphasizing the Use of a Tissue When Sneezing
- The Importance of not Sharing Personal Items
- Getting the Annual Flu Vaccine

Healthy School Nutrition

- The Importance of Breakfast Before Going to School
- Ideas for a Healthy School Lunchbox: Vegetables, Fruits, and Protein Whole Grains
- Avoiding Sweets and Soft Drinks
- Encouraging the Child to Drink Water Regularly

Regulating Sleep and Daily Routines

- The Appropriate Number of Hours of Sleep for Each Age
- Turning Off Screens at Least an Hour Before Bedtime
- A Consistent Bedtime Routine (sleep and wake up at the same time)
- Going to Bed Early to Wake Up Energized

Safety on the Way to School

- Teaching the Child to Cross the Street Safely
- Wear a seatbelt in the car
- Use a child safety seat for children under 8 years old
- Warning against talking to strangers

فقيه.

مجموعة فقيه للرعاية الصحية
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