

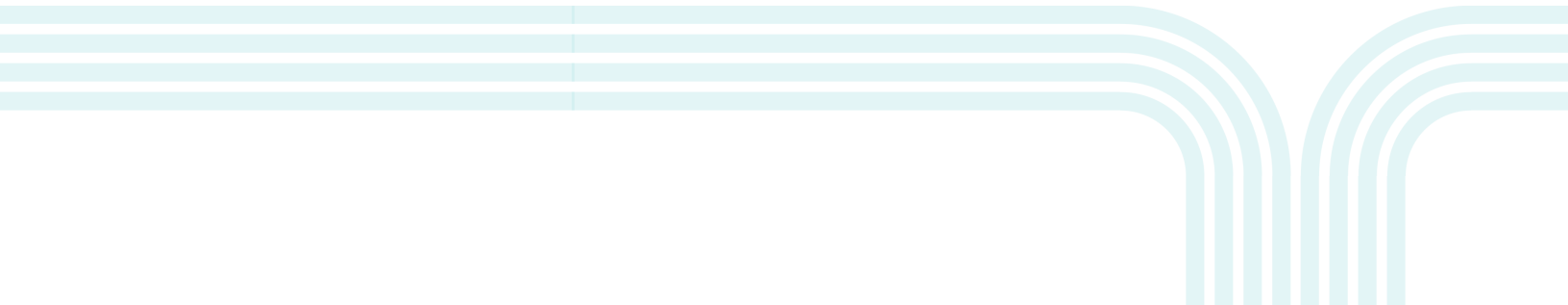


BACK-TO-SCHOOL COUNTDOWN

**A Guide to Getting Back on Track for
a Healthy and Happy School Year**

Fl♥**rida KidCare**
HEALTH AND DENTAL INSURANCE


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COUNTDOWN TO KICKOFF

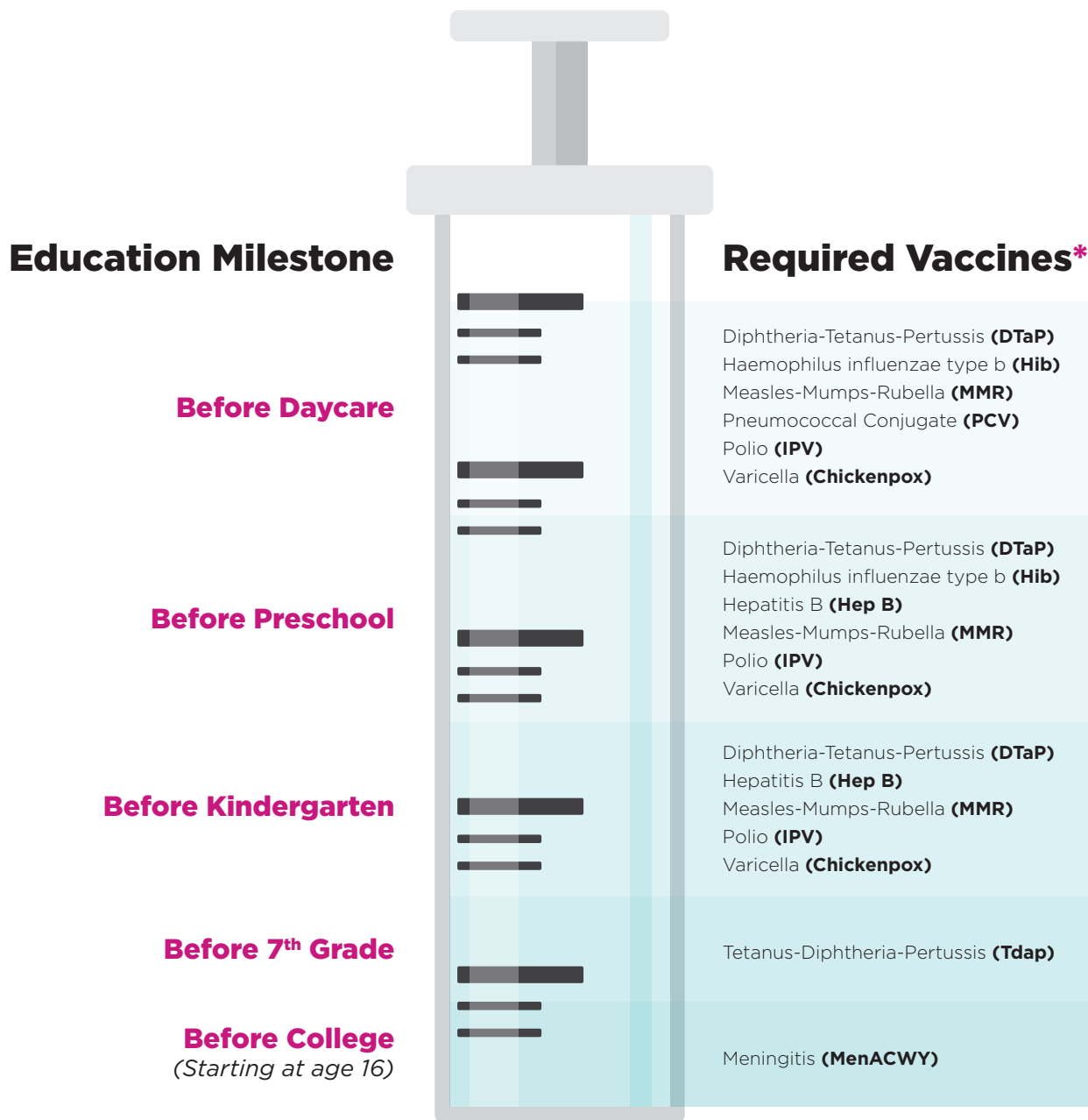
A Quick Checklist for Parents

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- Schedule a wellness visit that includes a physical exam, and bring all necessary athletic forms if your child plays a sport
 - Schedule appointments for required vaccine and booster shots
 - Refill medications your child might need in case of emergency
 - Gather necessary paperwork to notify your child's school of any food allergies
 - Get your child's bedtime routine back on track
 - Stock up on school supplies
 - Plan healthy school lunches
 - Gather first-day-of-school photo op supplies (chalkboard, sign, etc.)
 - Make sure your child is covered. You can **count on Florida KidCare** for high-quality, affordable health and dental coverage.

Back-to-School Immunization Schedule

Florida requires certain vaccines to be administered **before** children may enroll and attend school.

Source: [Florida Department of Health](#)



*Exemptions are made if immunizations are in conflict with the religious tenets and practices of the child's parent or guardian. This exemption is issued by a County Health Department (CHD) and based on established religious beliefs or practices only.

What Documents Do I Need to Enroll My Child in School?

- A certified copy of your child's birth certificate
 - Proof of residency
 - Vaccination records
 - Emergency contact details for parents or guardians
-

Birth Certificate

You can order extra copies of your child's birth certificate online with Vitalchek, through the Bureau of Vital Statistics or from your local county health department. They will come in handy when registering your child to a new school – or transferring them to a different school, applying for a passport, obtaining a driver's license or getting a replacement social security card. For more information, visit [FloridaHealth.gov](https://www.floridahealth.gov).

Proof of Residency

You can document proof of residency by providing one of the following documents:

- Florida driver's license or Florida identification card
- Utility bill, cable bill or home phone bill
- Pay stub showing current address
- Residential rent agreement (lease) or receipt from rent payment
- Military order showing the residence address

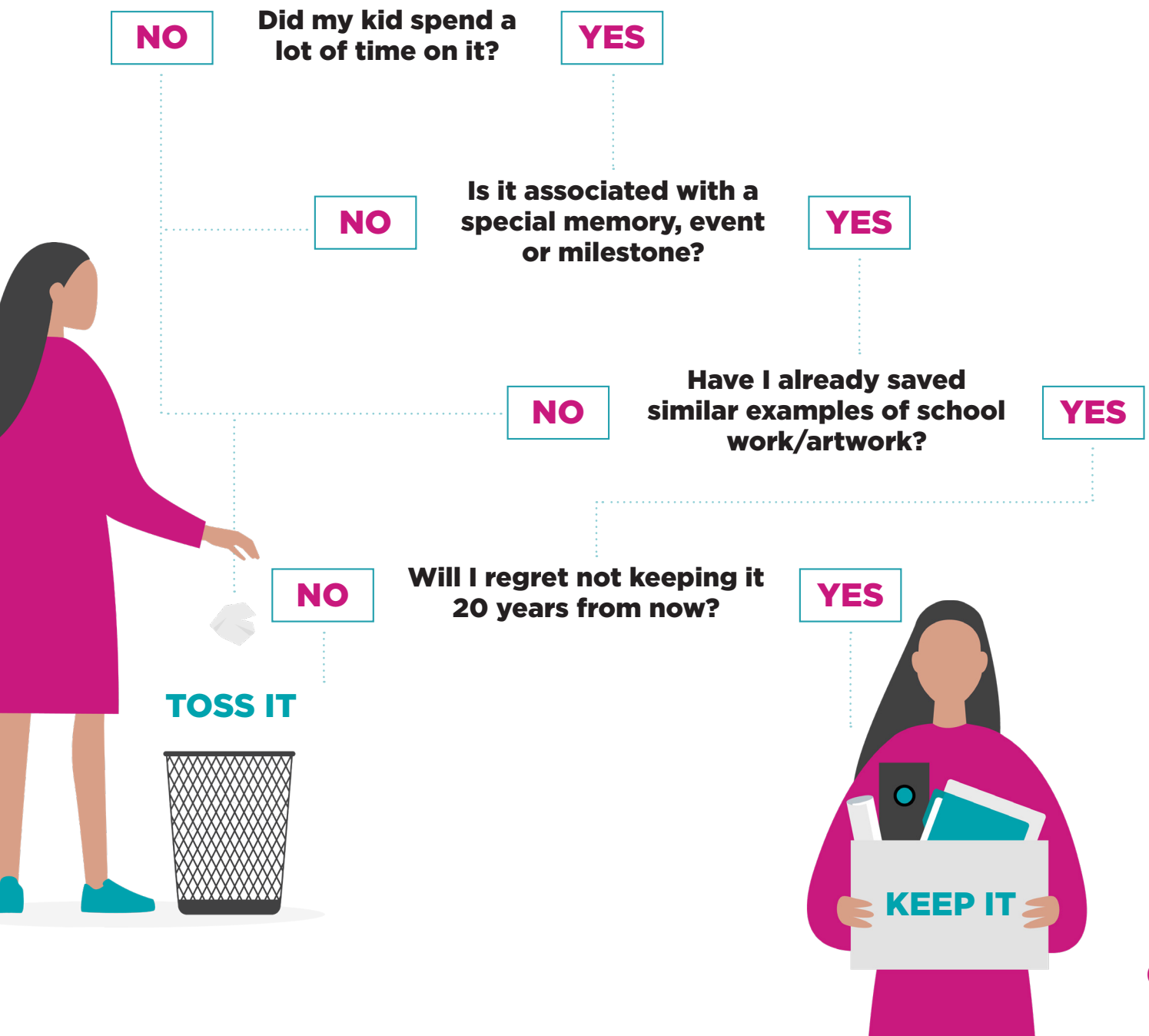
Vaccination Records

Your primary care physician should provide a vaccination card to record the date and type of vaccinations your child receives. It's important to hold onto this document or upload a digital copy to a secure cloud storage account.

School Memorabilia Keep vs. Toss Challenge

To toss or not to toss? That is the question when it comes to all of the adorable artwork, report cards and A+ assignments your kids bring home throughout the school year. But if we keep **anything and everything** that comes through the door, it can very quickly get out of hand.

Now is the perfect time to get your child's school memorabilia back on track! Not sure what's worth saving? Take the following quiz to figure out what you should keep - and what to toss.



Is Your Student *TOO* Stressed?

A little bit of stress is totally normal before and during the school year (for parents AND kids) – but **too much stress** can affect your child’s physical and mental health.

Student-athletes in particular report **heightened levels of stress and anxiety during the academic year** – with major stressors including the pressure to win, competition for athletic scholarships, academic responsibilities, overtraining and lack of rest and recovery time.

Signs of Stress: What to Watch Out For



Irritability



Sleep Issues



Social Isolation



Low Motivation



Difficulty Focusing



**Headaches
or Stomach Aches**

How to Get Help

There are many books and professional resources available to help students, even including young children, who are struggling with **severe stress, anxiety** or other **mental health issues**.

- Primary care physician – for a list of Florida KidCare providers, visit www.healthykids.org/providers
- Employee assistance programs
- Churches and worship centers

Family Mental Health Resources:

[Florida Department of Children and Families](#)
[Florida Department of Education](#)
[NAMI Florida](#)

[Florida Association of Managing Entities](#)
[Mental Health America](#)



KICK THE STRESS

with Healthy Habits

Get Enough Sleep

Ensure that your child gets 8-10 hours of sleep each night, which helps them grow and develop normally, pay attention throughout the day and maintain overall health.

Eat Healthy

What we eat impacts our mood and energy. Encourage a balanced diet of vegetables, fruit and whole grains – all of which have been linked to a decrease in symptoms of depression.

Find Hobbies

Encourage your child to find activities or hobbies they enjoy and incorporate these actions into their daily routine.

Limit Screen Time

Too much time spent in front of a screen – whether a TV, tablet, computer or smartphone – can be detrimental to your child's mental health ... from cyberbullying to overstimulation (especially before bed). Encourage your child to step away from the screen and participate in activities that make them happy.

Sweat Out the Stress

Exercising releases chemicals in our brains that relieve stress and make us happy. Get your child active by going for a walk or bike ride, or enjoying a game of basketball – the options are endless!

Talk to Someone

Encourage your child to talk to someone about their feelings – whether that's you, a school counselor or another trusted adult. This will help them find new ways to manage stress.

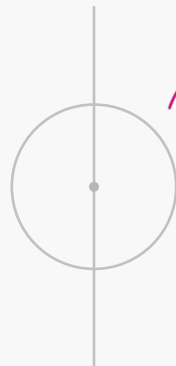
A Play-By-Play On Preventing Sports Injuries

More than 3.5 million children get treated each year for sports-related injuries

Common Types of Sports-Related Injuries

ACUTE INJURIES

occur from a sudden trauma, such as a collision or fall, and can range from bruises and sprains to broken bones and concussions.



OVERUSE INJURIES

occur from repetitive action when the body doesn't have enough time to heal - often affecting the feet, knees, elbows and shoulders.

Your Child Should See a Doctor If...



- They can't fully move a joint, arm or leg
- The pain interferes with their daily activity or sleep
- The pain does not go away after rest
- They experience back or neck pain
- There is joint swelling, instability or locking

It's especially important to visit your health provider if your child is experiencing **weakness, numbness or pain in their limbs.**



PROTECT YOUR STUDENT ATHLETE

From Sports Injuries

Make Sure Your Child is Fit to Play

A pre-participation physical examination (PPE) or sports physical ensures that your child is healthy and ready to play a sport. Such an exam is required for participation.

Gear Up

Protective gear – like helmets, pads and glasses – and proper shoes can help prevent sports-related injuries. Talk with your child's coach to confirm what equipment they'll need.

Stretch First

A mix of both static and dynamic stretching helps to loosen the muscles and reduce the risk of strains and sprains.

Hydrate, Hydrate, Hydrate!

Send your child to school and outdoor activities with a water bottle and remind them to stay hydrated by drinking plenty of water before, during and after play. Also, watch out for signs of heat exhaustion – including headache, dizziness and confusion, loss of appetite, excessive sweating and accelerated breathing.

Rest Up

Resting is just as important as practicing and playing. Prevent overuse injuries by making sure your child rests their muscles and gets 8-10 hours of sleep every night.

Eat a Healthy, Well-Balanced Diet

A healthy diet rich in nutrients helps fuel your child's energy! Encourage them to eat a well-balanced diet of fruits, veggies and lean proteins – and to avoid skipping meals.

Empower Your Child to Know the Signs

Make sure your young athlete knows how to spot the symptoms of serious injury and to let you – or their coach – know if something doesn't feel right.

If your child experiences a sports-related injury, Count on KidCare for round-the-clock health care coverage.

Kick Off the School Year with a Winning School Lunch

Is planning your child's lunch a constant headache? Do they regularly refuse to eat what you've packed? Change it up and team up with your child to pack healthy and FUN lunches this school year!

Replace their go-to sandwich (PB&J? Ham? Turkey?) by using this fun food group bracket to mix and match a winning combination of ingredients that includes at least **1 grain, 1 protein and 1 fruit or veggie** (and a dip or sauce of your choosing).

Fruit & Veggies

- Banana
- Strawberries
- Blueberries
- Grapes
- Apple slices
- Orange slices
- Watermelon
- Broccoli
- Carrot sticks
- Celery sticks
- Salad
- Bell peppers
- Cucumber slices
- Cherry tomatoes

Grain

- Whole grain crackers
- Whole grain bread
- Pretzels
- Granola bar
- Rice

Dip/Sauce

- Guacamole
- Hummus
- Ranch dressing
- Jam
- Salsa


































Protein

- Turkey
- Ham
- Chicken
- Nuts*
- Hard-boiled egg
- Peanut butter*

**If your child has a nut allergy, remind them to never accept food from other students unless they know it's safe to eat.*

Eye Spy with My Little Eye ...

Is it time for your child to visit the eye doctor? To find out, print out this vision screening test, have your child **stand 10 feet away** and have them try to identify the symbols as far down as possible.

20/200							
20/100							
20/80							
20/50							
20/40							
20/25							
20/20							

Disclaimer:

Eye charts measure only visual acuity. Only a comprehensive eye exam performed by a licensed optometrist or ophthalmologist can determine if your eyes are healthy and you are seeing as clearly and comfortably as possible.