

# Back to School Check-up Checklist

The back-to-school season is a great time to reconnect with your child's doctor. Knowing the right questions to ask will help in your child's growth, development, overall health and readiness to succeed in the classroom. Being proactive also helps prevent future illnesses and ensures immunizations are up to date. Our medical professionals provide key questions to ask your doctor when you're getting ready for back to school.



## Get Ready

- ▶ Get your forms in order! Check that you have all the school, daycare and sports physical forms you need for each child so you know what paperwork you will need to have signed.
- ▶ Don't forget to bring the official permission form that allows school professionals to give your child medication in an emergency.
- ▶ Make sure your child is well rested before the doctor visit and has had something to eat and drink.
- ▶ Bring a pen and paper and take notes.

***If you're visiting the doctor for the first time, write down important information.***

***This includes:***

- ▶ any family history of heart disease, fainting or shortness of breath after exercise.
- ▶ a list of important facts about your child's health, including allergies, chronic illnesses, and any past surgeries, broken bones, etc.
- ▶ any ongoing concerns or chronic conditions that your child may have, like asthma, epilepsy, diabetes, and psychological or behavioral problems.
- ▶ medicines your child is taking, including prescription and over the-counter medications, vitamins, herbs, and supplements.

## Questions to Ask

### IMMUNIZATIONS

- ▶ What shots or vaccinations does my child need? Are they all up-to-date?
- ▶ Does my child need a flu shot?

### VISION, HEARING AND DENTAL

- ▶ Can you test my child's vision and hearing?
- ▶ How often should my child visit the dentist?

### ASTHMA AND ALLERGIES

- ▶ I've heard mild asthma can sometimes be tricky to diagnose. Can you check my child for asthma?

***If your child has asthma:***

- ▶ What sort of changes should I make around the home?
- ▶ What should be my asthma plan for my child's school?
- ▶ Is there a form to ensure my child's school can administer emergency medication?

### NUTRITION AND EXERCISE

- ▶ What is my child's weight?
- ▶ Is he/she underweight or overweight?
- ▶ How much exercise should my child get each day?

- ▶ My child does not eat well, can you check for anemia?
- ▶ Is my child getting the proper nutrients in their diet?

### REST AND RELAXATION

- ▶ How much sleep should my child be getting each night?
- ▶ After summer sleeping habits, how can I get my child on a sleeping schedule appropriate for school days?
- ▶ How do I recognize if my child is stressed?

### SPECIAL CONCERNS

- ▶ What's the best way to help my child prevent picking up an illness at school?
- ▶ Does my child need to be tested for lead?
- ▶ Should my child be tested for developmental, behavioral or mental health issues?
- ▶ Might my child need early development or learning support?

## Before You Leave

- ▶ Make sure you have the name and contact number of the doctor you visited.
- ▶ Make an appointment for any follow-up visits.