



Press Release
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Knox County Hospital District Shares Important Health and Wellness Tips for Parents

5 Tips for Getting Your Child Back into a School Schedule

KNOX CITY, Texas (**August 11, 2023**) – As the summer break draws to a close, parents and children prepare for the upcoming school year. With the return to a regular schedule, it is crucial for parents to prioritize their children's health and wellness. Knox County Hospital Districts offers valuable insights and tips to ensure a smooth back-to-school transition.

While the new school year is officially underway this week, many families might still be having difficulty getting into the swing of things after a restful summer. Like many transitions, getting the right schedule and habits down can be a challenge, but are not impossible.

Keeping your student in mind, here are five important health and wellness tips for preparing your children for success this school year.

Ensure immunizations are up to date

Immunizations play a crucial role in safeguarding children's health. Dr. Kendra Williams, Board-Certified Family Medicine physician at the Knox City Clinic, emphasizes the significance of staying updated on vaccinations. "As the new school year begins, parents should consult with their primary care provider to ensure their child's immunizations are up to date," advises Dr. Williams. "Vaccinations not only protect children from serious illnesses but also help prevent the spread of diseases within the school community."

Maintaining an up-to-date immunization schedule keeps individuals healthy and can reduce medical expenses by preventing illnesses that cause children to miss school. Minimum state vaccine requirements in Texas have been established for students in grades kindergarten through 12. College and university, as well as child-care facility requirements, have also been established to protect the public from preventable diseases.

Parents are encouraged to talk with their family medical provider about immunizations for the entire family.

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Prioritize Sleep:

Adequate sleep is vital for children's overall well-being and academic success. Dr. Williams emphasizes the importance of establishing a consistent sleep routine for children. "During the summer, children often

stay up later and wake up later, which can make transitioning back to an earlier school schedule challenging," says Williams.

No matter your age, parents and children alike, sleep is critical to our health. Planning on eight to 10 hours of quality sleep for the entire family can drastically improve the way you feel and help you focus throughout the day.

It is recommended that you kick that sleep schedule into action by going to bed at the same time each night and waking up at the same time each morning. For the older members of the household, powering off all devices, such as phones and tablet computers, will allow the brain to wind down from the stimulation produced by the light of these devices. Avoiding exercise or caffeine before bed can also help with winding down for the day.

Focus on Nutrition:

Proper nutrition fuels children's bodies and minds, enabling them to perform their best in school. Williams emphasizes the importance of providing balanced meals and snacks. "To support optimal growth and development, parents should offer a variety of fruits, vegetables, whole grains, and lean proteins. Limit sugary and processed foods, as they can lead to energy crashes and difficulty concentrating", Dr. Williams said.

It is important that your student kick-start their day with a breakfast that fuels the energy for their day. Whether it is oatmeal or a banana and a glass of milk, breakfast is an important meal that must not be skipped.

Choosing healthier snacks can also reduce the amount of sugar and junk food your children consume. Instead of candy and chips, encourage your entire family to eat healthier options such as orange and apple wedges or carrot sticks.

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Most importantly, always drink plenty of water. Instead of sugary juices and soft drinks, packing water bottles in your child's lunch bag will not only help with hydration but also reduce their sugar intake each day.

Schedule Eye Exams:

Clear vision is crucial for children's learning and overall well-being. Dr. Williams recommends parents prioritize scheduling comprehensive eye exams for their children. "Undetected vision problems can hinder a child's academic performance," warns Dr. Williams. "Regular eye exams help identify and address any issues, allowing children to thrive in the classroom."

Signs to look for that your child could have vision deficiencies include constant squinting while focusing on distant objects, headaches while reading or using digital devices, sitting close to the television, losing their place while reading, or difficulties concentrating.

Don't Forget Sports Physicals:

For children participating in sports or physical activities, a sports physical is essential. "Sports physicals help assess a child's physical fitness and identify any potential health concerns or limitations that may affect their ability to participate safely," explains Dr. Williams. "Parents should ensure their child receives a comprehensive sports physical before engaging in any athletic activities."

A required procedure by many school districts and community sports organizations, sports health physicals check for the overall health of your child to help ensure there are no health issues that could impede or be exasperated by physical exertion from sports activities.

"By prioritizing sleep, immunizations, nutrition, eye exams, and sports physicals, parents can set their children up for a healthy and successful school year. Regular communication with your child's healthcare provider is essential to address any specific concerns or requirements," Dr. Williams concluded

Knox City Clinic (940-657-3906) and the Munday Clinic (940-422-5271) are two local health clinics where parents can schedule physicals for their children.

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For more information about local healthcare programs and resources for the entire family, please visit www.knoxhospital.org.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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