



Press Release
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Tips to Help Your Child Transition Smoothly into the School Year

Knox County Hospital District Offers Essential Health and Wellness Strategies for Parents

KNOX CITY, Texas (August 16, 2024) – As the school year begins, many families face the challenge of transitioning from a laid-back summer schedule to a more structured routine. This shift can be difficult for both parents and children, but with thoughtful strategies, it can be a smoother process. To support families during this pivotal time, the Knox County Hospital District has compiled several important health and wellness tips designed to help children thrive in the new academic year.

“One of the most crucial steps in preparing for a successful school year is ensuring that children’s vaccinations are current,” said Cindy Guess-FNP, at Munday Clinic, a service of Knox County Hospital District. “Vaccinations protect against numerous preventable diseases, making them vital for maintaining public health. Schools are often environments where illnesses can spread rapidly, so it’s essential to have an up-to-date immunization schedule.”

In Texas, specific vaccinations are required for students ranging from kindergarten through 12th grade, as well as additional requirements for college students and children in daycare. Parents are encouraged to have open discussions with their family healthcare providers about the necessary immunizations for their children and the entire family. Keeping vaccinations current not only safeguards children’s health but also contributes to the well-being of the community as a whole.

Equally important is the need for sufficient sleep, which plays a vital role in a child's health and academic performance. “Parents should aim for their children, as well as themselves, to get eight to ten hours of quality sleep each night,” Guess said. “Establishing a consistent bedtime routine helps reinforce healthy sleep habits. It’s advisable to create a calming atmosphere before bedtime by limiting screen time and turning off electronic devices, as the blue light emitted from screens can interfere with the body's natural sleep cycle.”

Additionally, avoiding stimulating activities and caffeine in the hours leading up to bedtime can further enhance sleep quality. A well-rested family is better equipped to handle the challenges of school and daily life, making it easier to focus and perform at their best.

Another key component of preparing for the school year is promoting a balanced diet. Encouraging children to adopt healthy eating habits can be a daunting task, but even small changes can lead to significant improvements in their overall well-being. “Starting the day with a nutritious breakfast sets the tone for sustained energy levels and concentration throughout the day,” Guess noted “Options like oatmeal, yogurt with fruit, or whole-grain toast can provide the necessary nutrients for a productive morning.”

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Additionally, parents can influence their children's snack choices by replacing sugary treats with healthier alternatives such as fresh fruits and vegetables. Hydration is also essential, so encouraging children to drink water instead of sugary sodas or juices can significantly reduce their sugar intake while promoting better health.

Regular eye examinations are another critical aspect of ensuring a successful school year. Vision problems can hinder academic performance, and many children may not realize they have difficulties with their sight. Parents should schedule annual eye exams to catch any potential issues early on.

“Common signs that a child may be experiencing vision problems include frequent squinting, difficulty reading the board in class, or complaining of headaches after prolonged reading or screen time, Guess said. “Addressing these concerns promptly can help prevent academic struggles and ensure that children are able to fully engage in their learning environment.”

For those students who are planning to participate in sports, obtaining a sports physical is an essential requirement. These physicals not only assess a child's fitness for athletic participation but also provide an opportunity for healthcare providers to evaluate overall health and identify any underlying conditions that may pose risks during physical activity.

Parents can easily arrange for these physicals and immunizations at Knox City Clinic, 940-657-3906 or Munday Clinic, 940-422-5271. “This proactive step not only prepares students for a successful year but also reinforces the importance of maintaining good health as part of their journey,” Guess said.

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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