

TIP OF THE WEEK



Back to School

If your kids haven't started yet, it's coming very soon. Now's the time to get back in the swing of the school-year schedule.

Get to bed earlier and wake up earlier. Adjusting slowly will make it easier once it's time to hit the school bus.

Make sure they are getting plenty of sleep. Children ages 6 to 13 need about 9 to 11 hours of sleep each night.

Start the habit of making healthy school lunches. Find healthy foods that kids enjoy to give them plenty of energy for learning and playing.

Schedule a well-child checkup with your child's doctor. This is a great time to make sure they are hitting their healthy milestones and up-to-date on vaccinations. Preventive care visits are **FREE** of charge for all UT SELECT members.


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