

Making Sure Your Child is Healthy and Ready to Learn



A Back-To-School Checklist for Parents



Enroll your child in health insurance today.

Your children (ages 0-18 years old) can get the care they need to stay healthy. No cost and low cost programs are available by **calling 2-1-1 to talk with a specialist about Medi-Cal and Healthy Families, or 1-877-KIDS-NOW.** You can also apply online at www.healthapp.net.



Make sure your child has required immunizations and vaccinations.

California law requires children to be up-to-date on **all required immunizations.** Learn more at www.shotsforschools.org, or by contacting your county public health department.



Schedule a physical and dental exam.

Schedule a physical exam for your child if needed to participate in school activities. **Get your child's vision checked** before school starts so vision problems can be identified. Schedule a dental exam – California law requires all kindergarteners to have a dental exam.



Provide your child's school with emergency contact and health information for your child.

Make sure you provide your child's school with **emergency contact information,** including the name and number of your child's pediatrician. Notify the principal's office, the school nurse, and your child's teachers about any **health problems or medications.**



Make sure your child has adequate school supplies.

Many community organizations, including local United Ways, provide free school supplies to families. To locate organizations donating school supplies, call 2-1-1 or contact your local United Way at www.UnitedWaysCA.org/find

Get connected to broadband internet.

Computers and the internet are becoming increasingly important to success in school and life. Find out what **low-cost high speed internet options** are available by calling 2-1-1.

Ensure your child has proper nutrition.

Getting enough healthy food to eat is critical to be able to concentrate and learn. With the down economy, families need all the help they can get to ensure they are eating right. Find out where how you can **access free or low-cost meals** by calling 2-1-1.

Find out what other programs are available to help your child succeed.

Many local United Ways partner with or provide community programs geared toward helping children succeed in school. A few examples include **afterschool programs, help with reading, tutoring, classes for parents, and efforts to ensure graduation from high school.** To learn more about United Way's education programs, contact a United Way in your area: www.UnitedWaysCA.org/find