



Back to School Checklist for Parents and Families

Back to school is an important time for parents and families to prioritize their children's health and well-being. Follow this checklist to prepare your family for the new school year.

Prepare for a New School Year

- ☒ **Shop for school supplies.** Contact your school if you are not sure what supplies your child needs for the school year. Don't forget tissues, hand sanitizer, and face masks.
- ☒ **Have a plan in place in the event your child needs to stay home from school.** If your child is sick, they should not go to school. They will also need to stay home from school and away from others to quarantine if they have close contact with someone with COVID-19 and they are not fully vaccinated.
- ☒ **Make an action plan to address any health-related conditions and share with your child's school.** If your child has a health-related condition, such as asthma or diabetes, plan how you will communicate this information with your child's teacher and school.

Stay Safe and Healthy

- ☒ **Make sure your child is up-to-date on all routine childhood vaccinations – and don't forget their annual flu vaccine in the fall!** You can check your child's vaccination record through the Wisconsin Immunization Registry.
- ☒ **Keep up with routine childhood health care visits or well visits.** Routine visits with a health care provider can help prevent conditions and illnesses and ensure your child is healthy.
- ☒ **Take steps to protect your child from getting COVID-19.** Remember to wash hands frequently, wear masks at school and on the bus, stay 6 feet from others when possible, and get vaccinated when eligible.
- ☒ **Get your child tested if they have symptoms or have been in close contact with COVID-19.** COVID-19 testing may be offered through your child's school. In order for your child to be tested, you will need to provide your consent for the testing program.

Support Mental Health and Well-Being

- ☒ **Talk with your child about their mental health.** Let them know that this is a hard time for many young people, but they can talk to you and other adults if they need help.
- ☒ **Safety-proof your home.** Even seemingly healthy children and teens can be tempted to hurt themselves when they are very upset. Lock up or safely store medications, knives, and firearms to reduce this risk.
- ☒ **Make sure to know the what resources are available for your child if they struggle with or begin to struggle with their mental health.** Talk with your child's school as they may have resources available.

Encourage Healthy Social Behaviors

- ☒ **Talk about bullying.** Encourage your child to speak up if they or someone they know is hurting, struggling, or in danger.
- ☒ **Encourage positive social connections and relationships.** Feeling supported by friends and having a sense of belonging are especially important for a child's psychological health.
- ☒ **Stay in the know with tobacco, including e-cigarettes.** Become familiar with new tobacco products like vapes. Have a talk with your child about the damage tobacco products do.
- ☒ **Talk to your child about the dangers of underage drinking.** Having small conversations with your child, starting around 8 years old, can help prevent underage drinking.

Get Support and Practice Self-Care

- ☒ **Take steps to support your own health.** Set aside time for you to stay active, connect with people who support you, and practice self-care.
- ☒ **Stay healthy and on track with adult vaccinations, including your COVID-19 vaccine.** When you are fully vaccinated, you have a far lower risk of getting severely sick, being hospitalized, or dying from COVID-19.



Get connected with resources for back to school.
Visit dhs.wi.gov/parents