



## Back to School Tips

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- 1) Always eat breakfast that contains protein. Kids who eat a nutritious breakfast concentrate better in school and have more energy.
- 2) Retrain their sleeping habits a week or so before school starts so their sleep/wake cycle is adjusted by the time school starts.
- 3) Get enough sleep – at least 10-12 hours for younger kids and 8-10 hours for adolescents. Turn off electronic devices at least one hour before bedtime and set a consistent bedtime every night.
- 4) Choose a backpack with padded shoulder straps and padded back. Remind them to use both straps – using just one strap can strain their muscles
- 5) Make sure their immunizations are up to date and sports physicals are done before school starts.