



CFP

CARTER FAMILY PRACTICE

MODERN MEDICINE,
CLASSIC CARE

CFP CareHub Field Notes

Back to School Series



BACK TO SCHOOL

FIELD NOTE

#1

A Healthy Start to the School Year



Whether school started yesterday or last week, it's never too late to settle into healthy routines that help children learn, grow, and stay well throughout the year.



SLEEP

9–12 hours for
school-age children
8–10 hours for teens
Consistent bedtimes
help learning, focus
and mood.



FUEL

A balanced breakfast
and healthy snacks
help children stay
energized throughout
the school day.



HYDRATION

Even mild dehydration
can contribute to
headaches, fatigue
and poor
concentration.

Pack a water
bottle daily.



MOVEMENT

Daily movement
doesn't have to mean
organized sports.
Walking, biking and
outdoor play
all count.



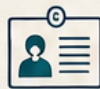
As the School Year Gets Underway...



Review any
daily medications



Make sure inhalers
and EpiPens
aren't expired



Keep emergency
contacts
updated



Restock your
medicine
cabinet



Encourage good
hand hygiene



Karen's Corner



Every school year brings excitement, new routines, and a few bumps along the way. Remember that healthy habits don't have to be perfect—they just need to be consistent. Small changes made one day at a time often make the biggest difference over the course of the school year.



QUESTIONS ABOUT THIS TOPIC?

Karen's Corner

karencorner@carter-familypractice.com
Email Karen with questions about this
Field Note or suggestions for future topics.



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