

August 2014 Issue

## Back to School: Transitions for Students and Parents

Transitioning from the relaxed days of summer back into the routine of classes can be bumpy, even for those children who enjoy school and are eager to return. The increase in structure, demands on time both academically and socially, and expectations of school can make any family feel pressed and pulled. Here are a few tips to make the back-to-school transition easier:



- 1. Preparation:** Anything that can be done early – such as school shopping and physicals – can be helpful. If your child has not attended the school prior to this year, it may be helpful to plan a visit a day or two before school starts.
- 2. Practice:** Start your school routine a week early for bed and wake times. Decrease TV watching. Incorporate bedtime reading. Have clothes ready for the next day – even if they are play clothes. Whatever your school-year routine, it can help to get started a little early. Kids may grumble, but it will help them get back to the school schedule easier.
- 3. Planning:** Parents also can help by getting themselves ready. Make sure to have your own needs extra organized: work clothes prepared for that first week; grocery shopping done; household chores as complete as possible, and dinners prepared ahead of time. Anticipate challenges the first week; the more you can be ready to roll with those, the easier it will be for everyone.
- 4. Presence:** School can be stressful, especially at the beginning. Be ready to spend extra time with your kids helping them get into the routine of homework again. Be willing to listen to their frustrations or the positive things that they are experiencing. Be flexible and ready for the fact that they will run late, not be able to find things and be a little short tempered. It will get better!

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## Back to School: Backpack Basics

If shopping for a new backpack, look for one with these features:

- Light weight so it doesn't add to child's load
- Two wide, padded shoulder straps
- Padded back to prevent injury from sharp points & edges
- Waist belt and multiple compartments to distribute weight



# Back to School: Health Tips for Your Child

If you have any kids heading back to school this summer, you may be worrying about their health – both in the classroom, and on the soccer or football field.

Matthew Birkle MD, an emergency medicine doctor at TriHealth Priority Care\*, shares a few tips for keeping your child healthy and safe during the next several months.



## In the Classroom

### Tip #1:

#### Wash Your Hands and Don't Share Drinks

The most common illnesses that go around, like persistent coughing, congestion, sore throat, or mononucleosis, are spread through the respiratory tract. "Wash your hands before you touch your face or eat and don't share your drink, which is the number one thing for teenagers," Dr. Birkle points out.

### Tip #2: Stay Home and See Your Doctor

"Certainly, if you feel like your child is ill, contact your family doctor," Dr. Birkle explains. Common symptoms that would warrant keeping your child home and scheduling an appointment with your doctor include nausea, vomiting, cough and fever.

## On the Field Safety

### Tip #1: Stay Hydrated

If your child participates in school-affiliated sports, they need to stay hydrated – especially during the late summer and early fall months. The amount of water your child should drink depends on their size and sweat rate, but it's important to drink plenty of water throughout the day to avoid an episode of dehydration later.

Avoid drinks containing caffeine, such as tea or soft drinks, because they have a diuretic effect and cause the body to release water.



### Tip #2: Watch for Repetitive Concussions

"When you get a head injury, evaluate for concussion and see a sports medicine specialist," Dr. Birkle says. "Repetitive concussions, especially in football, need to be avoided. Soccer and football are big for those." Signs and symptoms of a concussion include:

- Changes in mood
- Difficulty concentrating
- Dizziness
- Feeling groggy
- Getting headaches
- Losing balance
- Nausea
- Vision problems
- Slower reaction times

\* **TriHealth Priority Care:** Whether you need care for a child's cough on a Sunday or an X-ray for a minor sports-related injury after-hours, TriHealth Priority Care has walk-in services staffed by physicians seven days a week at three locations: Anderson | Glenway | Mason. For more information, call 513 346 3399 or visit [trihealth.com](http://trihealth.com).