

Mayo Clinic Minute: 3 tips for heading back to school

VIDEO	AUDIO
Jason	As summer vacation comes to a close, it's time to get kids ready for a new year of reading, writing and 'rithmetic.
Jason	Mayo Clinic family physician Dr. Tina Ardon has three easy tips for heading back to school.
Tina Ardon, M.D. Family Medicine Mayo Clinic	"If I had to give parents three tips to think about before they go back to school, No. 1 would be to make sure your child's exam has been up to date."
Jason	If it's been a year or more, your child should see a health care provider and ensure immunizations are up to date.
Jason	No. 2: Make an eye appointment, especially if your young one has been having issues with vision.
Dr. Ardon	"You hate to start back at school if we're having trouble seeing the board or reading our books."
Jason	And the third tip ...
Dr. Ardon	"... I would want to make sure our parents are really looking at getting back on a good routine in terms of sleeping and screen time."
Jason	While summer bedtime may have been all over the map, as school gets sets to start, get your kids back on a regular sleep schedule.
Jason	And limit the amount of time spent in front of the TV, computer and other electronic devices. That will help with sleep, too.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.