

Mayo Clinic Minute: Tips for a healthy school year

Video	Audio
Nipunie Rajapakse, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"Going into the school year, it's going to be probably another kind of challenging year for kids and families."
	Dr. Nipunie Rajapakse says making sure your child has a healthy return to school starts with having conversations.
	"Let them know what to expect when they return to school."
	Will people be wearing masks? Will they be expected to wear a mask? And if they're eligible, talk about COVID-19 vaccinations.
	And it's not just COVID-19. Dr. Rajapakse says trends show kids age 12 and younger continue to fall behind in other childhood vaccinations.
	"This is really a great time in the weeks leading up to return to school to make sure that your child, even if they can't get the COVID vaccine yet, is up to date on all of their other routine vaccinations."
	And, she says, pay attention to your kid's mental health as they adjust to returning to the classroom.
	"We've seen significant increase in mental health issues in children and teenagers over the pandemic. Increases in depression, anxiety, social isolation. There is quite an adjustment that we expect kids will need to make, especially those who were (participating in) fully online schooling all of last year."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.