



Back To School: Part 1

In preparation for the new school year, it's time to check...

- Has your child had their annual checkup?
- Are their immunizations up-to-date?
- Do they need a sports physical for the upcoming season?



Is school requesting an updated health form?

If your child has not had a checkup within the past 12 months, please contact the office to schedule an appointment.

If your child has been seen for a wellness appointment within the past 12 months, we can provide one general NYC health form with all necessary information. Facility specific forms should be emailed to the office at least 2 weeks in advance of when they are due. There is a \$20 charge for completion of facility specific forms.

Is my child up to date for vaccines?

In addition to all prior vaccines received,..

Those entering **Kindergarten** require a DTaP and Polio booster.

Those entering **6th grade** require a Tdap.

Those entering **7th grade** require a meningococcal vaccine (given at Pediatric Associates with the Tdap at the 11 year old check up)

Those entering **12th grade** require a booster meningococcal vaccine

For children ≥ 6 months of age, we recommend an annual influenza (Flu) immunization. **The Flu shot is required for those children in daycare, preschool and PreK.**

Recommended hours of daily sleep for a:

- 0-3 month old is 14-17 hours
- 4-11 month old is 12-16 hours
- 1-2 year old is 11-14 hours
- 3-5 year old is 10-13 hours
- 6-12 year old is 9-12 hours
- 13-18 year old is 8-10 hours
- 18-64 years : 7-9 hours

Sleep

Summertime usually means later bedtimes which can disrupt your child/teens sleep schedule. Try getting back on track by getting them to bed 15 minutes earlier each night until they are back to an ideal bedtime.