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Back to School. Now that school is back in session, let's make sure Children stay healthy and continue thriving mentally and physically.

Raising Healthy Kids: Simple Steps Every Parent Can Take

Keeping kids healthy can be challenging, but simple habits can help. Regular checkups, up-to-date vaccines, good sleep, regular physical activity and limited screen time all support strong growth and lifelong health.

Wellness Checks and Physicals

Well-child visits are a key part of keeping your child healthy. These visits:

- Help track growth and development.
- Give parents a place to ask questions.
- Make sure children receive needed screenings.
- Offer guidance on nutrition, behavior and safety.

Immunizations

Vaccines help your child stay safe from serious diseases. The Centers for Disease Control and Prevention (CDC) recommends vaccines from birth through the teen years. These shots protect kids as they grow and help to keep them healthy.

Your child's doctor should know what shots are needed at each age. Keeping your child on schedule helps prevent illnesses such as:

- Measles.
- Polio.
- Whooping cough.



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Importance of Sleep and Physical Activity

Children need adequate sleep to improve:

- Memory.
- Behavior.
- Mood.
- Learning.
- Health.

Sleep needs change with age. School-age children need nine to 12 hours each night. Teens need eight to 10 hours.

Physical activity is important, too. The CDC says children ages 3 to 5 should stay active throughout the day. Kids and teens ages 6 to 17 should get at least 60 minutes of moderate to intense activity each day.

Activities can include:

- Running.
- Biking.
- Playing sports.
- Dancing.
- Playing on a playground.

Movement helps your child grow strong. It builds muscle and bones. It supports heart health and helps your child focus.

Unplugging From Devices

Screens are part of daily life, but too much use can affect sleep, mood and movement. Children under age 2 should not use screens. Older children should use screens only for short, purposeful times.



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For kids ages 2 and up, screen use should support learning or physical activity. Try to keep total screen time for your child low each week. Avoid screens during meals and snacks to build healthy habits.

Reducing screen time gives children more time to play, read and connect with family. These activities support healthy development.

Small changes can make a big difference. Regular checkups, vaccines, good sleep, daily movement and mindful screen use help children grow, learn and thrive. If you ever have questions, your child's health care provider can guide you and support your child's well-being.

The CDC is an independent organization that provides health information you may find helpful.


Your Health Solutions Partner

[Sources (accessed Jan. 21, 2026):]

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