

# Health Tips To Make Your Child School~Ready



Educate them about frequent hand sanitizing and proper handwashing techniques



Support them in following a healthy sleep and meal routine



Inculcate the basic hygiene etiquette



Inform the school if your child needs special care



If your child is unwell, do not send them to school; seek medical care



Watch out for any allergies



Keep taking updates of your child's health from the school, if needed



Be informed about the updated school rules



Encourage your child to express their health concerns, if any