



Starting Healthy:

A Back-To-School Checklist for Parents

<input type="checkbox"/>	<p>Enroll your child in health insurance today.</p> <p>Health insurance can help you afford the routine and emergency care your child will need to stay healthy. You can explore available health coverage options for children at www.100percentcampaign.org/needsinsurance, or you can call 1-877-KIDS-NOW to find out if your child qualifies for free or low-cost comprehensive coverage through Medi-Cal or Healthy Families.</p>
<input type="checkbox"/>	<p>Make sure your children have needed physicals and/or shots before school starts.</p> <p>Before they enter school, all children are required by law to be up-to-date on their recommended immunizations and vaccinations. You can learn more about the school immunization requirements at www.shotsforschool.org. If you need help, contact your local department of public health or your county's Child Health and Disability Prevention (CHDP) program office, which provides free age-appropriate periodic health assessments and exams (including immunizations) for low-income children.</p>
<input type="checkbox"/>	<p>Keep the name and contact information for your child's doctor(s) handy.</p> <p>It is important to be able to reach your child's provider(s) quickly and easily, especially in the case of an emergency. Make sure the necessary information for your child's pediatrician and other regular providers are kept somewhere safe and easily accessible, as well as shared with close family, friends, or neighbors.</p>
<input type="checkbox"/>	<p>Schedule a dental check-up for your child.</p> <p>Maintaining good oral health is a key factor in children's success in school and it is recommended that children visit a dentist every six months. In fact, California law requires all kindergarteners to have a dental check-up. Schedule a dental check-up for your child now to make sure they see a dentist regularly and continue to practice positive oral care habits.</p>
<input type="checkbox"/>	<p>Set a reminder to re-enroll your child in health coverage.</p> <p>Health coverage generally needs to be renewed every 12 months, but depending on the type of coverage it may be more frequent. Put a reminder in your calendar for a month before your child's coverage expires to make sure that any renewal paperwork is submitted so there is no lapse in your child's coverage.</p>



The **100% Campaign** is a collaborative effort of **Children Now**, **The Children's Partnership**, and **Children's Defense Fund-California**, working together since 1998 to ensure that all of California's children gain access to affordable, comprehensive health coverage. Go to www.100percentcampaign.org to learn more.

The **California School Health Centers Association** is leading the movement to put health care where kids are -- in schools. Our mission is to promote the health and academic success of children and youth by increasing access to the high quality health care and support services provided by school health centers. Learn more at www.schoolhealthcenters.org.

