

# Back-to-School Checklist for Busy Parents

- Schedule a wellness visit that includes a physical exam and any required shots
- Notify your child's school of any food allergies
- Refill prescriptions needed at school – be sure they're stored in original, labeled containers
- Team up with your child to create a list of healthy lunch items they like
- Review the school supply list – you may be able to reuse some items you already have
- Make sure your child's backpack is worn properly and isn't too heavy
- **Count on Florida KidCare** for high-quality, affordable health and dental coverage