



5 Ways to Help Kids Build Healthy Habits for a Year Full of School Day Memories

School is a place for learning, but it's also where children build friendships, share laughs, and create memories that last. When a child has to stay home due to illness, they might experience "SOMO" (Sick of Missing Out) on those special moments, from group projects to lunchtime stories and field trips.

This school year, use these practical steps to avoid SOMO and keep your student illness-free and in class for every important day.

1 Morning Health Checks

Before heading out, do a quick check-in with your child. Are they feeling rested? Any sniffles, coughs, or complaints? Catching and addressing symptoms early can help keep illnesses from spreading and prevent bigger absences down the road.

2 Label Everything

Germs aren't the only things that get passed around at school—supplies and lunchboxes do, too! Clearly labeling your child's personal items (water bottle, lunchbox, and jacket) helps prevent accidental sharing and helps keep those items from ending up in the lost-and-found or someone else's backpack.

3 Backpack Drop Zone

After school, set up a "drop zone" near your front door for backpacks, shoes, and



lunch bags. Wipe down these items with Lysol Disinfecting Wipes or spray high-touch surfaces with Lysol Disinfectant Spray to kill illness-causing germs and bacteria and stop them from spreading throughout the home.

4 Healthy Snack Swaps

Fueling up with nutritious snacks after school supports your child's energy and immune system. Keep easy, grab-and-go options like fruit, yogurt, or whole grain crackers on hand. A balanced snack can help recharge your child for homework or afterschool activities.

5 Wind Down Routine

After school, encourage your child to take a minute to relax, wash hands, and share something good that happened at school. This routine helps them reset, rewind and connect with families and caregivers.

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