

Health Check

AUGUST 2026

 **Kelsey-Seybold Clinic**
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Preparing Kids for a Healthy School Year

As a new school year begins, families often settle back into routines and schedules pick back up. This time can feel busy — especially coming out of a potentially slow-paced summertime. However, if you didn't get a chance over the summer, now is a good time to check in on your child's health before the pace of the year increases and calendars become harder to manage.

Even when children seem healthy, a back to school visit can be helpful. These visits give families time to check school requirements and talk through any concerns that may have come up over the summer while also making sure preventive care is on track. These appointments can also help parents feel more confident that their child is ready for the months ahead.

If fitting in one more appointment feels challenging, a back to school visit can help by combining preventive care and school requirements into one visit. Taking care of these needs early can make it easier to get organized before school demands and activities pick up.



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*Dr. Hoefner cares for children at **Kelsey-Seybold's Westchase** locations and supports parents as they prepare their kids for a healthy school year. She offers in-person and Video Visit appointments.*



Signs your child may benefit from a back to school health visit:

- You're unsure whether your child's immunizations meet school requirements.
- Your child hasn't had a school or sports physical in the past year.
- You've noticed changes in sleep, appetite, or energy that don't feel typical.
- Your child often mentions headaches, stomachaches, or other recurring discomfort.
- Teachers or caregivers have shared concerns about focus, behavior, or mood.
- Your child is adjusting to a new school or a different daily schedule.

School and sports physicals give your child's doctor time to review growth, vision, hearing, and overall development. These visits also create space to talk through ongoing conditions such as asthma or allergies and to review medications or action plans when needed, especially if routines are changing.

Immunizations are often reviewed during these visits as well. Vaccines help protect children from infections that can spread in school settings¹, and your child's doctor can explain which immunizations may be recommended based on age, health history, and school guidelines.

A back to school visit can also create space to talk about everyday habits and how your child is feeling as the school year begins. If something feels off, your child's doctor can help you decide whether follow up care or added support may be helpful during the year.

Sources:

1. Centers for Disease Control and Prevention (CDC). (2024). About vaccines for your children. <https://www.cdc.gov/vaccines-children/about/index.html>

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