



# Crawford County

## HEALTH & HUMAN SERVICES

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### FOR IMMEDIATE RELEASE

The Crawford County Health Department reminds parents to start off the 2024-2025 school year with health in mind. In preparation for children returning to school, be sure to add these efforts to the list to support your child's overall good health:

1. Stay up to date with vaccinations. Routine vaccines are essential for keeping children healthy and preventing the spread of disease. Check with your doctor to see if your child is protected with the required vaccinations.
2. Schedule your well visit. A well visit is an opportunity to discuss your child's health. Regular checkups like dental and vision checks can catch health issues early and address any concerns before the school year.
3. Establish a routine. The school year can be a busy time for parents, but establishing healthy habits can set up your child for success. This means eating nutritious foods, getting regular physical activity, and maintaining good sleep habits.
  - a. Proper nutrition is essential for children to grow and develop. Avoid sugar and processed foods.
  - b. Regular exercise like playing in the park or organized sports is a great way to get physical activity. The goal is for your child to get 60 minutes or more of physical activity a day.
  - c. Sleep is just as important to your child's development as nutrition or physical activity. The recommended amount of sleep can vary, 3–5 year-olds should have 10-13 hours, 6–13 year-olds should have 9-12 hours, and 14-17 year-olds should have 8-10 hours of sleep per night.
4. Good personal hygiene. Help your child establish proper hygiene habits, such as regular handwashing, showering, and brushing. Hand washing is an important way to prevent kids from getting sick. Remind children to wash their hands before eating, after using the bathroom and being outside, as well as after sneezing or blowing your nose.
5. Stay positive. Going back to school can be exciting and stressful for students. Talk to your child about their feelings and make sure they know they can come to you with any concerns.

Parents are encouraged to contact a healthcare provider to schedule a well visit for their child prior to the start of school. The Crawford County Health Department is available to support and connect families with health services and resources and can be contacted at 608-326-0229 or [PublicHealth@co.crawford.wi.gov](mailto:PublicHealth@co.crawford.wi.gov).