

Be prepared for a great school year!

Getting your child ready for back-to-school means getting supplies like crayons, pencils, and notebooks—but it also means thinking about your child’s comfort, health, and well-being.

Schooltime tips from the American Academy of Pediatrics¹

Talk to your child’s doctor if you have any questions or concerns.



Help your child get enough sleep—it’s essential for success in school.

Most school-age children need 9 to 12 hours, while teenagers need 8 to 10. To promote good sleep, keep the same bedtime and wake-up time every day.



Recognize stress in your child and ask your pediatrician for help.

Some signs to watch out for include worrying a lot, changes in sleep and eating habits, and struggling with schoolwork.



Give a healthy breakfast that contains protein.

Studies show that children who eat a nutritious breakfast do better in school, concentrate better, and have more energy.



Double-check that your child’s backpack doesn’t weigh more than 10% to 20% of their body weight.

Backpacks that are too heavy can lead to severe back, neck, and shoulder pain, as well as posture problems.



Reinforce hand-washing habits.

Encourage your child to wash their hands at school to remove germs. Practice good technique together: Use soap and water, rub for 20 seconds, rinse, and dry.



Make sure your child’s vaccinations are up-to-date.

If you don’t know what vaccines your child needs, ask your pediatrician.



Reduce injuries and prevent heat illness by taking breaks during practice and games.

After all, it’s important to keep sports enjoyable. 9 out of 10 kids said that “fun” is the main reason they play.



Have products on hand to soothe and care for your child all year long. See back >>

Keep our family of products by your side as your child learns and grows



Whether you have a baby in day care or big kids in middle school, our brands can help you prepare for a year of health and well-being.



Use products only as directed.

Have pain and fever relief on hand
TYLENOL® & MOTRIN® are the brands pediatricians use most for their own children.†

TYLENOL®

- Starts to reduce fever in as little as 15 minutes
- Gentle on tummies

MOTRIN®

- Lasts up to 8 hours
- For fever, nothing works faster‡



Did you know?

A child's temperature can change throughout the day and still be within the normal range.



Use products only as directed.

Soothe and relieve dry, irritated skin

AVEENO® Baby

- #1 pediatrician-recommended brand§
- Soothing relief for dry, itchy, irritated skin due to eczema
- Hypoallergenic and free of steroids and fragrance

DESITIN®

- #1 pediatrician-recommended brand
- Multi-purpose Healing Ointment treats and protects: diaper rash; chapped, cracked skin; chafed skin; dryness from wind and weather; dry cuticles; cuts and scrapes; and minor burns



Did you know?

Dry, chapped, or irritated skin can be a distraction during the school day.



Did you know?

Dust mites, mold, and mildew inside a school could trigger your child's allergies.



Use products only as directed.

Plan ahead for allergies

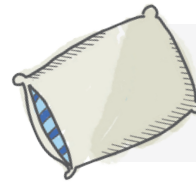
ZYRTEC® and BENADRYL® relieve sneezing; runny nose; itchy, watery eyes; and itching of the nose or throat.

Children's ZYRTEC®

- #1 Pediatrician-recommended brand for children's allergies||
- Provides your child 24-hour relief from their allergy symptoms

Children's BENADRYL®

- Relief you can trust when kids need it most
- Comes in Allergy and Allergy Plus Congestion formulations



Did you know?

If your child doesn't get enough sleep, it may be harder to focus in school.



Dietary supplements

*Help promote peaceful sleep**

Zarbee's® Children's Sleep with Melatonin

- For occasional sleepiness*
- Safe and effective for children ages 3 to 12+
- Drug-free and non-habit-forming
- Clinically supported, age-appropriate dosing in 1 mg increments

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Out of pediatricians with children ages 2 to 11.

‡Among over-the-counter (OTC) brands.

§In the combined infant and baby lotion categories in the U.S.

||Among OTC oral antihistamines.

The third party trademarks used herein are registered trademarks of their respective owners.

© Johnson & Johnson Consumer Inc. 2022 JNJP-74531

