

School proof your kids

When they're healthy,
you're happy

Health advice, eye health checks,
asthma support and lots more ways
to help keep your kids well

visit [boots.com/schoolproof](https://www.boots.com/schoolproof)

Supplements featured contain vitamin C which supports a normal immune system



let's feel good

When they're healthy, you're happy

With the kids starting school in September, now's the time to make sure they're prepared for the playground. Whether it's a free NHS eye health check, tips on managing head lice, or advice about managing asthma, with Boots, they'll be ready for almost anything.

Eye health

Up to 80% of what kids learn is through their sight*

For kids, vision and learning go hand-in-hand – whether it's reading a book or focusing on the board. But many kids no longer get their eyes checked at school – so regular eye health checks are essential for keeping on top of changes to their vision, and ensuring they get the best start to school life.

Free NHS eye health check

Check their vision and general eye health at your local Boots Opticians. All our glasses have all round UV protection to help keep sensitive young eyes sunsafe, and come with scratch resistance and a reflection free finish.

Book your child's free NHS eye health check today at [boots.com/opticians](https://www.boots.com/opticians) or call 0345 125 3754†

Did you know?

Sitting too closely to the TV, excessive blinking or eye rubbing could indicate a sight problem



*[aoa.org/patients-and-public/good-vision-throughout-life/childrens-vision/school-aged-vision-6-to-18-years-of-age?sso=y](https://www.aoa.org/patients-and-public/good-vision-throughout-life/childrens-vision/school-aged-vision-6-to-18-years-of-age?sso=y)

†Call anytime between 8:30am-7pm (Mon-Fri), 8:45am-5pm (Sat-Sun)

Asthma support

On average, 2 children in every classroom have asthma*

And 87% of kids with asthma have had time off school as a result.† So, with asthma attacks peaking in September**, it's really important to keep the condition under control.

Top tip

Give your child's school a spare reliever inhaler labelled with their name, the medicine's expiry date and details of how much to take and when††

*Asthma.Org.uk/asthma-facts-and-statistics

†Asthma.Org.Uk/campaign-back-to-school

**Asthma.Org.Uk/sites/healthcare-professionals/news/hcp-asthma-uk-warns-of-alarming-increase-in-hospital-admissions-for-children

††Check your school's policy

We've lots of tools to help with asthma:

Asthma Control Test (ACT)

Your local Boots Pharmacist can review how your child's asthma is being controlled



Pharmacy advice

Tips on using an inhaler and how to help prevent and manage flare-ups



Free Repeat Prescription Service

We'll text you when your medicines are ready to collect – visit boots.com/services or speak to your Healthcare team in store



BootsWebMD.com

Visit for information on controlling asthma



Vitamins

Children who are fussy eaters can miss out on essential vitamins

Vitamins help support growth, development and the immune system. Here's a simple guide to what some of the important vitamins are for:

- **Vitamin A** – helps maintain normal vision
- **Vitamin B** – helps reduce tiredness and fatigue
- **Vitamin C** – helps the immune system to function
- **Vitamin D** – helps maintain normal teeth and bones

3 for 2
on vitamins

Did you know?

Most kids only get 27% of their recommended vitamin D intake*



*Bates B, et al. National Diet and Nutrition Survey: headline results from years 1 and 2 (combined) of the Rolling Programme. London: HMSO, 2010

Managing head lice

Up to 1 in 3 schoolchildren in the UK get head lice during the year*

Dirty, clean, straight or curly – head lice love hair. They can't jump or fly, and are only spread by head-to-head contact. But, when there is an outbreak at school, we can help you be prepared in just 2 steps:

1 Apply a repellent for up to 24-hour protection

2 Invest in a detection comb and check through wet hair weekly

*[nhs.uk/conditions/head-lice/Pages/Introduction.aspx](https://www.nhs.uk/conditions/head-lice/Pages/Introduction.aspx)

Did you know?

You can't catch head lice from pets – they only live in human hair

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Dental health

Lots of lunchbox foods contain 'hidden' sugars that can contribute to tooth decay

And with fizzy drinks containing an average of 9 teaspoons of sugar*, it's no wonder that nearly half of eight-year-olds show signs of decay in their milk teeth.* We're here to help, with some top tips on how to help prevent decay:

- Brush teeth twice a day for 2 minutes a time
- Choose an age-appropriate fluoride toothpaste
- Look out for soft-bristled brushes with easy-to-hold handles



*[bbc.com/news/health-31960772](https://www.bbc.com/news/health-31960772)

School proof your kids checklist

With so much to think about for getting kids school-ready, making a quick checklist can really come in handy. Here are a few ideas...

Perfect smiles

- Toothbrush
- Toothpaste
- Dental floss
- Mouthwash
-
-
-



Did you know?
Most children have all their adult teeth at between 12-14 years of age*

Kids' vitamins

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin D
-
-
-



First aid

- Plasters
- Antiseptic wipes
- Pain relief
- Antihistamine creams
-
-

Managing head lice

- Head lice spray or lotion
- Fine tooth comb
-
-
-

Did you know?
1 in 4 parents say their child has never had an eye check!

Don't forget

- Free NHS eye health check
- Asthma Control Test
- Free Repeat Prescription Service
-
-
-



*nhs.uk/Livewell/dentalhealth/Pages/Toothfacts.aspx
†college-optometrists.org/en/college/news/index.cfm/childseyes

First aid & medicines

Having a first aid kit handy at home can help ease those school yard scrapes

Playtime fun and games means kids are always getting odd bumps and bruises. So being prepared ahead of time can make all the difference.

Top tip

If your child uses prescription medicines, our **Free Repeat Prescription Service** can be a big help. Talk to your Boots Healthcare team for advice

Antiseptic and plasters

For cleaning and protecting cuts and scrapes

Freeze spray

For treating verrucas and warts

Antihistamine cream

For bites and stings

Blister stick

For soothing blisters

Pain relief

For niggling aches and pains

Savlon Antiseptic Cream for cleansing and prevention of infection in minor wounds. Boots Pharmaceuticals Bite & Sting Relief Antihistamine Cream contains mepyramine maleate for the relief of insect bites and stings. Nurofen for Children Strawberry Singles contains ibuprofen for the treatment of symptoms of colds and flu. Always read the label

buy 1
get 2nd
half price
on Savlon



save
£3
on Wartie



save
10%
on selected
Nurofen



For more advice and products to make returning to the school routine easier, visit boots.com/schoolproof

Offers end 16th September
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