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Back-To-School Essentials: Top Tips For A Safe & Healthy Fall 0



hats with flaps
organic cotton



100% organic cotton
double layered

noise reduction hats
organic cotton



100% organic cotton
external sound reduction up to 50%

hats with flaps
organic cotton fleece



100% organic cotton lined with
100% organic fleece cotton

Olivia Entin – mom of two and founder of organic children’s accessories company [Dots on Tots](#) - has put together her back-to-school tips for parents of little ones.

READ ON...

Back-To-School Essentials: Top Tips for a Safe & healthy Fall

- 1. Safety First!** Equip children with a small, backpack-friendly emergency kit in case of any scrapes, bumps or unexpected cuts on the playground. Although the nurse is close by, having small supplies handy at all times, such as a kit with fun, colorful bandaids, hand sanitizer and sun tan lotion will allow children to remain safe no matter where they are. For those with medical conditions, speak with the teacher beforehand about holding on to any additional medicines or inhalers.
- 2. Keep children protected from day 1:** Whether your child is a first-timer at school or a seasoned classroom attendant, entry into a new classroom, lunch room or school bus can still cause allergic reactions in children. To keep children safe and comfortable, outfit them in products that will keep them safe, such as organic materials. One product we love is Dots on Tots, a 100% organic cotton line of hats and headbands ideal for children with ear and skin sensitivities.
- 3. Run down the checklist the night before:** Do they have everything packed? What are they wearing to school today? As much as sending your child off to school can be a stressful process, going to a new place without mom, dad or siblings can also be scary for them. Talking to your child about fears/excitements and packing up their materials with them the night before will help them (and you!) know that they are prepared to take on the school year with their best foot forward.

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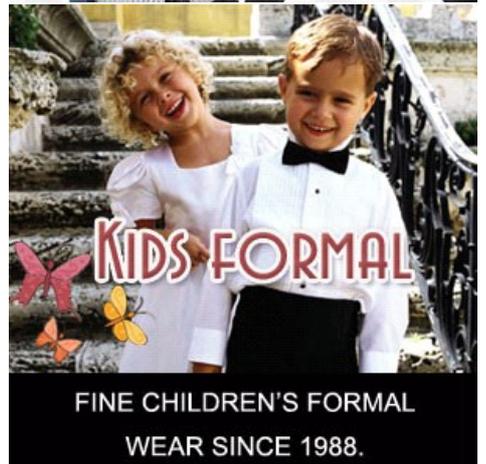
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4. Make check-in's a game to ensure child's health and safety: We all know children love games, and parents love ensuring children are safe when out of sight, so combining these two ideals will make everyone at ease! Check in periodically with your children on how the school year is progressing – are they enjoying their classes? What kinds of foods are they eating? Are they feeling headaches, allergies/sneezing in the cafeteria or classroom? Some great ways to make this into a game setting are having them draw pictures of their day or rating aspects of their day on a scale using foods they love or toys. This way, you can check in with your child and make sure they're keeping in check with their happiness and health.

Visit dotontots.com.



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