

1 Medication Safety

- Check expiry dates on all medications
- Remove unused or expired medicines
- Store medications safely away from children
- Restock sunscreen, allergy meds & first-aid basics

2 Medication Review

- Review medications started during winter
- Check for side effects or duplicate therapies
- Confirm children's doses are still weight-appropriate
- Write down questions for your pharmacist

3 Allergy Preparation

- Check allergy medications and inhalers
- Replace air purifier filters if used
- Wash bedding and jackets to reduce pollen
- Plan ahead before allergy symptoms peak

4 Sleep Reset

- Set consistent bedtime routines
- Reduce screen time before bed
- Aim for age-appropriate sleep hours

5 Hydration + Nutrition

- Encourage water throughout the day
- Add fresh fruits and vegetables
- Plan healthy snacks for busy days

6 Daily Movement

- Schedule family walks or outdoor play
- Stretch for 5–10 minutes daily
- Reduce long periods of sitting

7 Preventive Health Checks

- Review blood pressure or routine labs if due
- Schedule dental, vision or growth checks for kids
- Review women's health screenings if needed