10 StepChecklist for Back to School

- [ ] Start your school sleep routine one week before
- [ ] Get meal times back on track
- [ ] Purchase school supplies online
- [ ] Talk about going back to school
- [ ] Go to school before it reopens
- [ ] Select the first weeks outfits, have them ready
- [ ] Pack the backpack
- [ ] Arrange to meet a friend
- [ ] Talk to the teacher
- [ ] Coffee date - you made it!

ALL NATURAL
mums