

THE ULTIMATE

Back-To-School Checklist for an Epic School Year for You and Your Kids

1 MONTH BEFORE SCHOOL:

- Review the school calendar and add important dates to your family calendar.
- Schedule a doctor's appointment for a back-to-school checkup.
- Make sure all required vaccinations are up to date.
- Schedule a playdate with classmates to help your child reconnect with friends before the first day.
- Freshen up your kid's wardrobe by decluttering and adding new clothes and accessories.

2 WEEKS BEFORE SCHOOL:

- Stock up on school supplies, including art supplies.
- Set up a designated homework area with proper supplies.
- Establish earlier bedtimes and wake-up times.
- Plan a weekly lunch menu with balanced options.
- Purchase a reusable lunchbox and water bottle.

1 WEEK BEFORE SCHOOL:

- Practice a school morning routine.
- Arrange transportation plans for your kid (bus, carpool, walking, etc.).
- Attend any school orientations or meet-the-teacher events.
- Review and update emergency contact information with the school.
- Exchange contact information with teachers and join school communication channels.
- Plan and register for any extracurricular activities or after-school clubs.



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3 DAYS BEFORE SCHOOL:

- Arrange a haircut appointment for your child.
- Prepare the first day's outfit and shoes.
- Double-check all school supplies and pack the backpack.
- Revisit the morning routine to build familiarity.
- Stock up on healthy snacks like sliced fruits and whole-grain crackers.

1 DAY BEFORE SCHOOL:

- Discuss the day's schedule and how they're feeling about it.
- Confirm transportation plans and timing.
- Ask your child to pack their bag the night before.
- Tell your kids you're there to help and are excited for them.

ON THE DAY:

- Wake up early and start the day with positivity and encouragement.
- Prepare your child's favorite healthy breakfast.
- Stick to the established morning routine.
- Make sure your child has their backpack, lunch, and supplies.
- Take a first-day-of-school picture with a unique back-to-school sign.
- Arrive at school on time and drop off your child.
- Celebrate the successful start to the school year with your child.

