

Back to School

Checklist

4 Weeks Before School Reopens

- Discuss the school year with your child.
- Start shopping for school supplies.
- Book doctor or dental appointments.
- Begin setting a consistent bedtime.

3 Weeks Before School Reopens

- Set up a study space.
- Create a morning routine.
- Plan meals for the first week.
- Review school rules together.

2 Weeks Before School Reopens

- Adjust bedtime to match school hours.
- Organize and label supplies.
- Plan transportation (bus/walk/car).
- Set up a family calendar.

1 Week Before School Reopens

- Do a practice run of the morning routine.
- Finalize school supplies.
- Talk about any back-to-school worries.
- Confirm after-school plans.
- Enjoy fun activities (but stay healthy!).

On the First Day

- Get up and ready—time to shine!
- Help kids get dressed and grab their backpack.
- Send them off with a big smile—they've got this!

The Day Before School Reopens

- Plan a special breakfast.
- Lay out clothes and pack bags.
- Have a quick family meeting.
- Relax and stay positive.