

Ultimate Back to School Checklist for Parents

Make sure that you and your kids are prepared for the school year by completing these back to school checklist tasks!

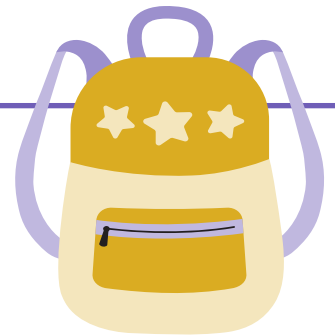


Two Weeks Before School Starts:

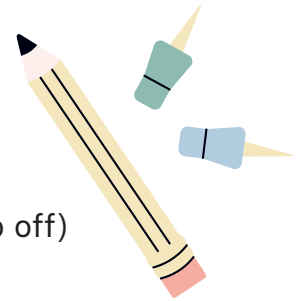
- Adjust Your Sleep Schedule
 - Determine how much sleep your kids need
 - Pick a bedtime and wake up time and stick to them
 - Start by adjusting their current sleep schedule by 15 minutes. Stick with this for a few days and then repeat the process.
- Do Your Back to School Shopping
- Practice Your New Morning Routine
- Visit Your School & Attend Orientation
- Discuss Classroom Rules & Prepare Younger Children for New Tasks
- Talk About Their Concerns & Find Ways to Help Them Cope

Two Days Before School Starts:

- Double check drop off and pick up times and locations
- Confirm that all required school forms have been submitted
 - Updated Immunization Record
 - Statement of Health from Pediatrician
 - Copy of Birth Certificate
 - Proof of Residency
 - Student Applications (for private schools)
 - School Records (if your child is starting at a new school)
- Put your parking pass or school car lane drop off sticker in the window



- Get the dry products for your kid's lunches assembled
- Make sure that all other lunch supplies are purchased
- Make sure that first day of school outfits are selected and laid out
- Pack your kid's backpacks
- Gather all sporting equipment your kids will need for their first day of practice
- Plan out the breakfast menu
- Get alarms set for the first day
- Gas up the car
- Load up the stroller (if you have littles who are tagging along for drop off)



The Day Before School Starts:

- Keep them active! Choose a fun morning/early afternoon activity that helps them to run off their energy and release some stress
- Eat hearty meals throughout the day and make sure they stay hydrated
- End the day with a family meal or fun dessert
- Talk about any lingering concerns
- Get everyone showered/bathed early
- Ensure that everything is laid out for the following day
- Have quiet time before bed

