

Back to School Checklist



SCHOOL SUPPLIES & CLOTHING

- Decide if you'll reuse school supplies from last year (like backpacks/binders).
- Print your child's school supply list and go shopping.
- Sort kids clothing; donate/hand down what does not fit.
- Set a budget for your child's new clothes.
- Find out when "tax free" weekend is.
- Purchase backpacks, lunchboxes and reusable water bottles.
- Label kids backpacks and supplies.

SCHOOL & MEDICAL REQUIREMENTS

- Register your child for school if necessary.
- Read the school handbook and medical requirements.
- Check that required immunizations are up to date.
- Fill out paperwork and update emergency contacts.
- Schedule physicals, eye exams, and dentist appointments.

SCHOOL & TRANSPORTATION

- Go to open house and meet the teacher.
- Sign up for after-school clubs or child care.
- Inquire about the school's methods of communication.
- Make a transportation plan.
- Research extracurricular activities for the school year.

MEALTIME

- Plan dinners for the first week of school ahead of time.
- Grocery shop and organize the pantry.
- Pay ahead for any school accounts.
- Prep lunches and snacks the night before.



EXTRA CREDIT

- Update your digital calendar with school events, holidays, sports practices and other commitments.
- Create a designated place for your child's school gear.
- Create a homework space with comfortable seating.
- Schedule haircut appointments.
- Start adjusting sleep schedules a few weeks ahead.
- Check progress on summer reading.
- Make sure your camera is charged and ready!
- After school, stop for ice cream to celebrate.

THE RIGHT FOOT

- Meet the teacher and check out your child's classroom.
- Mingle with other parents to build relationships.
- Rekindle friendships by inviting old school friends over for playdates.
- Arrange a travel buddy to make it easier for your child to walk into school.
- Let your child know you are there for them by having periodic chats to ease worry.
- Have a family dinner and back to school talk.
- Take a picture of your kids in the same spot every year. This is a great way to see how your kids have grown.
- Join Parent/Teacher organizations.