



# BACK to SCHOOL CHECKLIST



## SCHOOL SUPPLIES & CLOTHING

- Decide if you'll reuse school supplies from last year (like backpacks/binders).
- Shop early to get first pick — ask for your child's input.
- Sort fall clothing to clean out items your child has outgrown.
- Set a budget for your child's new clothes.
- Let older children choose their own clothes with a separate budget.



## 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 yearly paperwork and update emergency contacts.
- Get your child's vision checked.
- Notify school officials about any health concerns or medications.



## SCHOOL & TRANSPORTATION

- Go to open house and meet the teacher.
- Sign up for after-school clubs or child care.
- Familiarize yourself with the school's methods of communication.
- Make a transportation plan: check carpool and bus rules.

- Find a responsible “buddy” for younger children on the bus.
- Create a backup transportation plan (just in case).



## EXTRA CREDIT

- Update your digital calendar with school events, holidays, sports practices and other commitments.
- Label baskets to create a designated place for your child's school gear.
- Keep track of belongings by labeling backpacks and supplies.
- Create a homework space with supplies and comfortable seating.
- Schedule haircut appointments.
- Start adjusting sleep schedules a few weeks before school.
- Refresh reading skills during quiet time before school begins.



## MEALTIME

- Use bulk shopping to prepare for school lunches and snacks.
- Plan dinners for the first week of school ahead of time.
- Line up breakfast options and utensils on the counter the night before.
- Review school lunch options and pay ahead for any school accounts.
- Save time in the morning by prepping lunches the night before.



## THE RIGHT FOOT

- Meet the teacher and mingle with other parents to build relationships.
- Rekindle friendships by inviting old school friends over to play.
- 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.



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