

BACK TO SCHOOL

checklist

SCHOOL STARTS: _____

2 MONTHS BEFORE:

- Schedule doctor visits and physicals as needed.
- Send or bring required forms to the doctor, and renew prescriptions for medications.
- Sign up your kids for fall sports and after-school activities.

6 WEEKS BEFORE:

- Sort through fall clothing; donate/hand down what no longer fits.
- Sit down with your planner and write in the entire school calendar. Include sports and other after-school activities.

1 MONTH BEFORE:

- Purchase basic wardrobe necessities, backpacks, lunchboxes, and water bottles for each child.
- Purchase required school supplies for each classroom.
- Check progress on summer reading and math packets.

3 WEEKS BEFORE:

- Create an "organization station" in a convenient location by the door. Get one basket or crate for each child to be used for their belongings—books, hat, gloves, sports equipment. Include hooks for backpacks and coats if possible.

2 WEEKS BEFORE:

- Start getting your kids back on their school year bedtime routine.
- Get your babysitter schedule set up in advance so you have time in your schedule to work out, run errands, have a date night or girls' night out.

1 WEEK BEFORE:

- Schedule haircuts as needed.
- Make a "favorite foods" list for each of your children. Make sure to note what they like best for lunch, snacks, and dinner so that you'll remember those foods at the grocery store.
- Stock up on non-perishable basics like juice/milk boxes, napkins, sandwich bags, and snacks.
- Purchase homework supplies like pencils, markers, crayons and paper.

3 DAYS BEFORE:

- Plan meals for the first week of school.
- Grocery shopping: Make a list. Include items for your meal plan and from the favorite foods list.
- Make sure that your camera is fully charged and ready for first day photos.

THE NIGHT BEFORE:

- Prepare lunches and snacks for the first day of school.
- Pack supplies in backpacks.
- Lay out clothes for first day of school.
- Set alarm clocks.

FIRST DAY OF SCHOOL:

Enjoy it! (and don't forget the tissues, or the camera!)