

Back-to-School Checklist

Four Weeks Before

Take inventory of clothes.

Download school supply shopping list from school's website.

Add important school dates to your calendar and/or the family calendar.

Research after school care if needed.

Three Weeks Before

Get immunizations and/or physicals if needed.

Take inventory of leftover school supplies.

Purchase bookbag/lunchboxes if needed.

Put your afterschool research to work.

First Week of School

Have a special breakfast of power foods.

Reinforce emergency plans.

Make sure your emergency contact information is in their bookbag.

Complete parent homework.

Treat yourself to something decadent.

Two Weeks Before

Discuss extracurricular activities with kids.

Do something fun.

Begin picking up school supplies.

Week Before

Implement a school bedtime.

Discuss expectations.

Review emergency plan with kids.

Attend Open House.

Label bags, lunch boxes and other personal items.

