

back-to-school checklist

2 MONTHS BEFORE SCHOOL STARTS

- Schedule physical examinations as needed.
- Send or bring necessary forms to the doctor.
- Review summer reading lists and any other school packets that the kids need to complete over the summer.
- Schedule time to visit library/bookstore and get necessary books.
- If you have not done so already, sign up your kids for fall sports and after-school activities.

6 WEEKS BEFORE SCHOOL STARTS

- Sort through the kids' fall clothing; donate or hand down what does not fit.
- Sit down with your planner and write in the entire school calendar for all schools attended by your children. Also, put all sports practices, games, and other after-school activities in the planner.

1 MONTH BEFORE SCHOOL STARTS

- Purchase backpacks, lunchboxes, and water bottles as needed.
- Purchase basic wardrobe necessities for each child as needed.
- Check progress on summer reading and math packets.

3 WEEKS BEFORE SCHOOL STARTS

- Set up a "launch pad" in a convenient location near the door in your house. Designate one basket or crate for each child; use these baskets for your kids' belongings, e.g. books, hat, gloves, sports equipment.

2 WEEKS BEFORE SCHOOL STARTS

- Start getting your kids back on their school year bedtime routine.
- Check progress on summer reading and math packets.

1 WEEK BEFORE SCHOOL STARTS

- Schedule kids' haircuts as needed.
- Make a "favorite foods" list for each of your children. Make sure to note lunch, snacks, and dinner so that you'll remember those foods at the grocery store.
- Bulk shopping: visit your local big box retailer and stock up on non-perishable basics like juice/milk boxes, napkins, sandwich bags, and snack foods like pretzels. You can also stock up there on supplies like permanent markers, pencils, pens, tissues, and looseleaf paper.

3 DAYS BEFORE SCHOOL STARTS

- Plan meals for the first week of school.
- Grocery shopping: Be sure to make a list, including items needed for your meal plan and from your child(ren)'s "favorite foods" list.

1 DAY BEFORE SCHOOL STARTS

- 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!

A friend has a great "First Day" tradition that I'd like to share with you. She takes a picture of her kids in the same spot every year on the first day of school. Doing this is a great way to see how your kids have grown from year to year!

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