

BACK TO SCHOOL

checklist

2 Months Before:

- Schedule physicals and doctor visits
- Renew prescriptions and bring required forms to doctor's office
- Sign up for after-school activities and fall athletics

6 Weeks Before:

- Organize and declutter closet, donate items that no longer fit
- Add the school year calendar to your daily planner including sports practices and after-school activities

1 Month Before:

- Buy necessary wardrobe basics, backpacks, lunchboxes, etc.
- Buy school supplies based on class list
- Check your child's progress on summer reading and other activities

3 Weeks Before:

- Create an "out the door" station near where you leave the house. Designate an area for each child to leave shoes, backpacks, sports equipment, etc.

2 Weeks Before:

- Start getting your kids ready for early mornings by getting them back on school-year bedtime routines

1 Week Before:

- Schedule haircuts
- Start meal planning your child's favorite snacks and lunches
- Shop for non-perishable items like snacks, juice boxes, paper products, and sandwich bags
- Purchase supplies for and create a homework station

3 Days Before:

- Meal plan for the first week of school
- Grocery shop for your meal plan

The Night Before:

- Pack lunches and snacks
- Get backpacks ready by packing supplies
- Lay out clothes for the first day of school
- Set alarm clocks

First Day of School:

Get First Day photos of your kids
Enjoy!