

Getting Ready for Back-to-School

Back to School Checklist

One month to the day before school

- Try on last-year's school clothes to see what still fits.
- Go shopping for those items that have to be replaced.
- Stock up on supplies your child will need to bring to school.
- Schedule an appointment with your child's pediatrician for a physical exam, if needed.
- Be sure to have a copy of all the documents you might need for the upcoming school year.
- If you have a home computer, make sure it is ready to be used for schoolwork.
- Attend an open house or "get acquainted" school event with your child, if there is one.
- Help your child become familiar with the route to and from school.
- Talk with your child about after-school activities your child would like to participate in and make the necessary arrangements.
- Start adjusting bedtimes until your child is turning in at an appropriate school-night hour.
- Make sure that all school forms have been completed and returned to school.

For Preschoolers

- Spend time talking with your child about school.
- Practice separating for hours at a time.
- Teach your child important safety information and make sure your child commits it to memory.

The night before school starts

- Check your child's backpack to be sure your child has everything he/she needs.
- Start the bedtime routine a bit early so your child is sure to get plenty of sleep.
- Pack lunch or snacks for your child and refrigerate it until morning.
- Help your child or remind your child to pick out clothes for the next day.
- Spend some time talking with your child about school.

For Preschoolers

- Before your child goes to sleep, listen carefully to his/her fears and respond.
- Read a bedtime, back-to-school storybook to your child.

The morning school starts:

- Make sure your child wakes up in time for school.
- Let your child know where you'll be all day and how to reach you.
- Prepare a special breakfast.
- Take your child to school or bus stop if necessary.
- Remind your child of his/her after-school plans.

For Preschoolers

- Let your child get used to the environment before you leave.

After the first day of school

- Get your child to talk about his/her first-day impressions.
- Call the school immediately if you have any questions or concerns.
- Ask for--and read--any notices that were sent home.
- Purchase whatever additional school supplies and materials are required.
- Make a special dinner.