



## BACK-TO-SCHOOL PARENT CHECKLIST

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### ✓ 1. Start the School Routine Early

- Shift bedtime and wake-up times 1–2 weeks before school starts.
- Aim for earlier bedtimes so kids feel well-rested.

### ✓ 2. Reconnect with Learning

- Choose an interesting topic to read and learn about together.
- Play math games with cards or dice.
- Learn a new game and play it together.
- Do a creative activity: craft, art, music, puzzles, scavenger hunt.

### ✓ 3. Get Organized Together

- Let your child help choose and label school supplies.
- Set up a dedicated homework space.
- Practice making school lunches together.

### ✓ 4. Visit the School Ahead of Time

- Walk or drive by the school; play in the playground.
- Visit multiple times to build familiarity.
- Review walking routes, bus stops, and schedules.
- Contact the school for a visit or to meet the teacher if needed.

### ✓ 5. Talk About Feelings

- Ask how your child feels about going back.
- Validate their emotions—both excitement and nervousness are normal.
- Discuss coping strategies for worries.

### ✓ 6. Create a Positive First-Day Ritual

- Plan a special breakfast.
- Take a first-day photo.
- Slip a note into their lunchbox.

### ✓ 7. Keep the First Weeks Calm

- Avoid overscheduling extracurriculars right away.
- Give your child time to settle into routines before adding more activities.

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