

2-3 Weeks Before School Starts

- Gather/Buy all school supplies + backpacks & lunchboxes
- Buy new clothes/uniforms and shoes, as needed
- Sign up/ Reconfirm morning & afternoon childcare + sports/activities
- Complete & submit health/ other forms (by email, if you can)
- Enter school vacations & important dates into your calendar
- Encourage kids to finish (more like, start) summer homework assignments
- Request a work-from-home or flex-time schedule for the 1st day of school
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1 Week Before School Starts

- Review teacher/class assignments & visit schools, if possible
- Read a few [books about back to school](#) with your kids
- Transition to school year bedtime and wakeup routines & schedules
- Have kids label & pack their school supplies in their backpack (with help, if needed)
- Review the first week schedule with your partner & identify any challenges
- Create an inbox/ command center for the influx of papers
- Get back-to-school haircuts, if needed
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2-3 Days Before School Starts

- Print out appropriate first day of school signs
- Go grocery shopping – plan a few easy meals & grab-n-go snacks
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The Day/Night Before the First Day of School

- Teach kids to pack their lunch & snack (pack a surprise note when they're not looking)
- Have kids choose and layout their outfit, shoes, and backpack
- Go over the morning schedule – wakeup, bus time, routines, etc.
- Set alarm clocks and go to bed early – mom & dad included
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The Morning of the First Day

- Wake kids early enough to follow their morning routine & eat a healthy breakfast
- Take first day of school pictures
- Kiss those kiddos goodbye & tell them you love them. They're going to have a great year
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The Afternoon/Evening of the First Day

- Give your kids a hug & ask about their day – the best parts, the funny parts, how it all went
- Review & sign any papers that came home. Put important dates into your calendar
- Follow their nightly routines (pack tomorrow's lunches, choose outfits, etc.)
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