

go'n BACK TO SCHOOL checklist

One Month Before...

- Sort and purge the wardrobe
- Make a clothing wish list, including sizes
- Hit the sales and tax-free weekend
- Schedule annual doctor, dental and eye appointments



Three Weeks Before...

- Arrange for get-togethers with school buddies
- Confirm fall child care
- Stock up on school supplies
- Create a homework center



Two Weeks Before...

- Check transportation
- Get haircuts
- Make a bin for this year's artwork and papers
- Record the school-year schedule to your calendar

One Week Before...

- Prepare school forms, directory updates and immunization records
- Attend the school's open house
- Exchange uniforms & update sizes
- Adjust sleep schedules and practice using alarm clocks again
- Discuss morning, afterschool and evening to-dos
- Lay down rules for school year TV and electronic time
- Plan a "Yay, the kids are back in school" outing with your friends



Three Days Before...

- Have kids pick one or two outfit options for the first day
- Stock up on lunch and snack supplies
- Make sure school lunch accounts are full
- Get extra change for hot-lunch buyers
- Buy and prep easy, protein-rich breakfast meals



The Night Before...

- Lay out first-day clothes
- Pack backpacks
- Prep tomorrow's breakfast and lunch
- Charge phone/camera for "first day of school" photos
- Review tomorrow's routine with the kids one last time
- Get everyone bathed or showered and ready for bed slightly early
- Read together or talk one-on-one with each child
- Set alarm clocks
- Be sure to get a good night's sleep yourself

