

# Back-To-School Checklist



<input type="checkbox"/>	<b>Schedule Adjustment</b>	Gradually shift your child's sleep schedule back to the school routine a week before the first day. Adequate rest is crucial for their overall well-being and optimal learning. Begin by adjusting bedtime and wake-up times, making incremental changes each day until you reach the desired schedule.
<input type="checkbox"/>	<b>School Supplies</b>	Make a list of the essential school supplies your child will need, including notebooks, pencils, erasers, rulers, backpacks, and any specific items requested by their teachers. Take advantage of back-to-school sales to save money while getting everything on your list. Involve your child in the shopping process, making it an exciting and interactive experience.
<input type="checkbox"/>	<b>Uniforms &amp; Dress Code</b>	If your child's school has a dress code or requires uniforms, ensure that you have all the necessary clothing items prepared. Check for any updates or changes in the school's dress policy to avoid any surprises on the first day. Make sure the uniforms fit properly and are in good condition.
<input type="checkbox"/>	<b>Check-up &amp; Vaccinations</b>	Schedule a visit to your child's pediatrician for a comprehensive check-up. Ensure that their vaccinations are up to date, as some schools may require proof of immunization. Address any health concerns or issues beforehand, so your child can start the school year in the best possible condition.
<input type="checkbox"/>	<b>Meet the Teacher</b>	Many schools offer a "meet the teacher" or orientation day before classes officially start. Attend these events with your child to familiarize yourselves with the teachers, the school layout, and any new protocols in place. This opportunity helps alleviate anxiety and builds a positive connection between your child and their educators.
<input type="checkbox"/>	<b>Establish Routines</b>	Re-establish a homework routine before school starts. Set up a quiet and organized workspace where your child can concentrate on their assignments. Create a schedule that allows for breaks, snacks, and physical activity. Encourage regular reading to foster a love for books and enhance literacy skills.
<input type="checkbox"/>	<b>Create Family Calendar</b>	Create a centralized family calendar to keep track of important dates, extracurricular activities, and school events. Include deadlines, parent-teacher conferences, holidays, and any other commitments. This visual tool helps everyone stay organized and ensures that nothing is missed.
<input type="checkbox"/>	<b>Nutritious Meals &amp; Snacks</b>	Plan and prepare nutritious meals and snacks to fuel your child's brain and body throughout the school day. Pack balanced lunches and encourage healthy eating habits at home. Involve your child in meal planning and preparation to teach them about making smart food choices.
<input type="checkbox"/>	<b>Open Communication</b>	Establish open lines of communication with your child's teachers. Introduce yourself early in the school year and provide them with your contact information. Regularly check in with them to stay informed about your child's progress and address any concerns promptly. Remember, a strong parent-teacher partnership is essential for your child's success.
<input type="checkbox"/>	<b>Get Excited</b>	Having a good outlook and attitude, favorably sets one up when entering a new season and new space. Many experiences start with our attitude and equipping your child with a positive mindset will help them be more open and ready to take on the new school year.