



BACK-TO-SCHOOL CHECKLIST

Before School Starts—This checklist will help you as you prepare your kids to head back to class by re-introducing successful school-year habits!

- ☐ **Re-introduce bedtimes and wake up times**
WHY? Poor sleep habits can have an impact on how students perform in class. The sooner that students (of all ages) are on a sleep schedule, the less likely there will be morning—and evening—rushes.
- ☐ **Make sure children are reading and/or writing a little everyday**
WHY? Reading and writing daily maintains school skills such as penmanship and vocabulary. It keeps the brain sharp and gets the mind working!
- ☐ **Limit screen time during after-school hours**
WHY? When school is in session, the after-school hours should be reserved for homework or extra-curricular activities. The sooner that kids turn off the TV and turn on their minds during this time frame, the less of a hassle homework will be.
- ☐ **Play board games to challenge the mind during what will become the homework hour**
WHY? When school's in, kids have homework. So it just makes sense that they are in the habit of using their brains during the after-school hours.
- ☐ **Get alarm clocks for children who can tell time**
WHY? Time management and organization are necessary school skills, and alarm clocks help kids take ownership of their activities in the rushed mornings.
- ☐ **Buy a family wall calendar if you don't already have one. If you do, hang it in a visible location.**
WHY? A wall calendar is a great organizational tool. Have kids write down their commitments—soccer, dance class, birthday parties, etc. When school starts, include standardized testing, big projects, and vacation days.
- ☐ **Start having kids select their clothes the night before**
WHY? Minimize school-day morning rushes and last-minute scrambles. Picking out clothes is a great way to develop organizational habits.
- ☐ **Begin talking about returning to school**
WHY? The transition back to class can be difficult. Preparation is key. Talking about the upcoming school year can help kids manage expectations. Start counting down the days together.
- ☐ **Take a tour of the school if going to a new school**
WHY? School—especially a new one—can be intimidating. Knowing the way around helps to lessen school-related anxiety and boost confidence. Find out teachers' names, and be sure to take notice of bathrooms locations!
- ☐ **Review last year's report card**
WHY? Unless problems were addressed over the summer, it's likely that they will return again this year. Remind yourself of weak areas so that you are not taken by surprise. Make a plan to address problems early on.
- ☐ **Buy new school supplies.**
WHY? New supplies hold certain magic for getting kids excited about hearing the school bell ring again.