

Back To School Checklist

By Laura Cooper Peterson

- Before School Starts
 - Establish a firm bedtime before school starts.
 - Figure out a plan for balancing homework and play time
 - Set rules for the time spent on non-school projects.
 - Arrange for your child to play with others in his age group before classes start.
 - Determine when your child will do homework.
 - Create a workspace for your child at home.
 - Discuss your child's feelings about starting school.
 - Talk with your child about his daily school schedule.
 - Get your child's vision checked.
- School
 - Enroll your child, if not already registered from the previous year.
 - Find out what day school start.
 - Check what time your child should arrive.
 - Fill out emergency contact sheets.
 - Notify the school about any health problems or medications.
 - Find out the best method of contacting teachers.
 - Know what your child is expected to learn in her grade level.
 - Familiarize yourself with the information on the school website.
 - Read the school handbook and make sure your child understands the rules.
 - Determine how your child will be getting to school and then plan the safest route.
 - Practice getting to school with your child.
 - Arrange child care or after-school activities.
 - Make sure your child knows where to go after school each day.
- School Supplies
 - Contact the school to see if it has a required supplied list.
 - Allow kids to choose their own school supplies.

- Find out whether supplies will be stored at school or kids bring them home each day.
- Buy a backpack.
- Review the school dress code.
- Buy school uniforms and gym clothes, if necessary.
- Your Calendar
 - Mark school events on the family calendar.
 - Attend the back-to-school program.
 - Schedule and attend parent-teacher conferences.
 - Meet leaders of the parent-teacher group.