



BACK TO SCHOOL CHECKLIST



CHILD'S NAME: _____

FIRST DAY OF SCHOOL: _____

SCHOOL'S INFORMATION: _____

8 WEEKS BEFORE:

- Schedule doctor's appointments for annual physicals & immunization updates
- Refill any prescriptions needed
- Sign-up for fall sports & activities

6 WEEKS BEFORE:

- Clean out closets & donate clothes that are outgrown
- Keep an eye out for school supplies & back to school sales
- Review smartphone/tablet/laptop needs for school year
- Frame last year's favorite artwork
- Check-in on summer reading & essay assignments

4 WEEKS BEFORE:

- Check school website for supplies list
- Buy new school clothes (basics, uniform, shoes, athletic wear)
- Buy back to school supplies (backpacks, lunch box, water bottle, stationary, etc.)
- Purchase protective cases for smartphone/tablet/laptops as needed
- Renew subscription for [parental control software](#)

2 WEEKS BEFORE:

- [Update Family Media Contract](#) and discuss with all family members
- [Update Social Media Contract](#) and discuss with tweens and teens
- Schedule haircut appointments
- Plan carpool/pick-up and drop-off routines
- Schedule babysitters or after school care

1 WEEK BEFORE:

- Organize homework location free from distractions
- If paying for lunch at school, load money onto child's account
- Stock up on lunch supplies, drinks & non-perishable snacks
- Start school year bedtime routine
- Plan first week of meals
- Plan first week of outfits

1-2 DAYS BEFORE:

- Grocery shop for fresh fruits, veggies and meats
- Lay out clothes for first day of school
- Pack backpack with supplies for first day of school
- Charge electronics for first day of school photos

DAY OF:

- Take first day of school photos
- Write note for lunch bags

