



## Parent Checklist: Get Your Child School-Ready

A simple prep guide to help families start the school year smoothly, stress-free, and fully prepared.

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- Finalize school supply shopping
- Confirm bus schedule and pickup location
- Complete and return school forms
- Upload or print medical and vaccination records
- Install or update school-related apps
- Set earlier bedtimes a week in advance
- Practice wake-up and morning routines
- Purchase healthy and non-perishable lunch options
- Mark school dates, holidays, and events on family calendar
- Discuss goals, routines, and feelings about school year