

Parent Checklist: Get Your Child School-Ready

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

- ☐ 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
- ☐ Set and share a back-to-school budget with older kids (who can understand it)

