



Checklist for Parents

Family Calendar Setup

- ☐ Add school start date, holidays, and any key events to a shared calendar
- ☐ Color code each child's activities
- ☐ Include extracurricular activities, parent-teacher meetings, and early dismissals

School Supplies and Shopping

- ☐ Preview weekly lunch menus
- ☐ Prep grab-and-go snacks
- ☐ Stock up on reusable containers and lunch boxes
- ☐ Involve kids in packing their own lunches

Homework Zone Setup

- ☐ Choose a quiet, distraction-free space
- ☐ Stock with pencils, paper and supplies
- ☐ Set a consistent homework time

Building Independence

- ☐ Teach kids to lay out clothes the night before
- ☐ Help older kids manage their planners
- ☐ Encourage them to set their own alarms

Sleep Schedule Reset

- ☐ Gradually adjust bedtime and wake-up times
- ☐ Create a calming nighttime routine
- ☐ Limit screen time before bed

Entryway Organization

- ☐ Set up a launchpad for backpack, shoes and lunch bags
- ☐ Add hooks or bins for easy access
- ☐ Do a nightly backpack check

NOTES

