



# Back to School Checklist!



Use this checklist to get your child ready to go back to school!

## Program Requirements

- Fill out required forms for the school or program.
- Make sure your child has the necessary medical check-ups and vaccines required before school starts.
- Let the program know about your child's food allergies, if any.
- Read through program paperwork to familiarize your family with program policies and procedures.
- Visit the program and, if possible, show your child their new classroom and teacher!

## Supplies

- School bag
- Reusable water bottle
- Lunch bag or snack box, if program doesn't offer lunch or snack
- Spare set of clothes
- Label all supplies with your child's name
- Necessary medication, if applicable
- Tissues or napkins

## At Home Preparation - Family

- Practice your morning routine, so your child's first day runs smoothly for everyone.
- Start conversations with your child about school, in advance, to help them feel comfortable with changes and answer questions.
- Designate an area in your home for storing notes or materials from the program or teacher.
- Plan and prepare lunches/snacks for the first week, if program doesn't offer lunch or snacks.
- Ensure that child care arrangements are made for before/after school, if necessary.
- Create a space for your child to complete homework. Have them help set it up with pencils, erasers, etc.

## At Home Preparation - Kids

- Read books about going to school to help your child get excited and mentally ready! [Click here for ideas!](#)
- Use pretend play to prepare your child for school! Pretend you and your child are going to school by wearing backpacks, talking to the teacher, and sitting down to listen to a story during group time.
- Practice your child's personal care skills, like washing their hands, putting on their shoes, or buttoning clothes.
- Encourage your child to express their feelings/concerns about transitioning to school. Remember, this can be a nervous and exciting transition for the both of you!

[Click Here for Our Kindergarten Readiness Checklist!](#)

Or scan the QR Code to the right

