



FIRST WEEK OF *School*

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THE GET-READY CHECKLIST

BEFORE DAY 1

- **Label everything.** Backpacks, lunchboxes, water bottles, jackets and anything else likely to wander off.
- Choose first-day clothes and shoes.
- Pack backpacks and gather school supplies.
- Plan lunches and easy first-week breakfasts.
- Set up your transportation plan: carpool, bus information or walking route.
- Review school start and dismissal times.
- Check calendars for orientation, activities and important first-week dates.
- Move bedtime and wake-up time back toward the school schedule.

IF YOU'RE STARTING AT A NEW SCHOOL

- Visit the school or attend orientation if possible.
- Practice the route to school and where drop-off/pick-up happens.
- Locate classrooms, lockers and important places - especially for older students.
- Talk through what the first day may look like.
- Practice a simple way to introduce yourself and start a conversation.

IF YOU'RE RETURNING

- Double-check teacher, classroom and schedule information.
- Make sure last year's backpack, lunch gear and supplies are still in good shape.
- Reconnect with a school friend before the first day, if that helps ease nerves.
- Talk about one thing your child is looking forward to this year.

DURING THE FIRST WEEK

- Keep mornings simple. Prep what you can the night before.
- Leave a little extra time for the first few mornings.
- Ask specific questions after school instead of just, "How was your day?"
- Restock snacks, lunch supplies and anything that disappeared faster than expected.
- Celebrate making it through the first week!