

Back to School

C H E C K L I S T

1 month before school starts

- Sort through the kids' fall clothing; donate or hand down what does not fit.
- Sit down with your planner and write in the entire school calendar for all schools attended by your children.
- Schedule physicals for each child. Check out how to take the sting out of shots.
- Research and evaluate extracurricular activities for school year



3 weeks before school starts

- Purchase backpacks, lunchboxes, and water bottles as needed. Click here to see if your state has a "Tax-Free" Weekend
- Purchase basic wardrobe necessities for each child as needed.
- Check progress on summer reading and math packets.
- Gather your husband's old shirts for art smocks; place in backpacks.
- Set up an "Organization Station" in a convenient location near the door in your house. Get one basket or crate for each child; use these baskets for your kids' belongings, e.g. books, hat, gloves, sports equipment.



1 week before school starts

- Start getting your kids back on their school year bedtime routine.
- Get your babysitter schedule set up in advance so you have time in your schedule to work out, run errands, have date night with your hubby, and enjoy an occasional well-deserved girls' night out!
- Schedule kids' haircuts as needed.
- Make a "favorite foods" list for each of your children. Make sure to note what they like best for lunch, snacks, and dinner so that you'll remember those foods at the grocery store.
- Bulk shopping: visit your local big box retailer and stock up on non-perishable basics like juice/milk boxes, napkins, sandwich bags, and snack foods like pretzels. While you're there, stock up on supplies like permanent markers, pencils, pens, tissues, and loose leaf paper.



3 days before school starts

- Plan meals for the first week of school.
- Grocery shopping: Be sure to make a list!
- Make sure your camera is charged and ready for the first day of school.

1 day before school starts

- Prepare lunches and snacks for the first day of school.
Be sure to include *iMOM Lunchbox Notes!*
- Pack supplies in backpacks
- Lay out clothes for first day of school
- Set alarm clocks
- Have a Back to School Feast!



First Day of School: Enjoy!

Start "First Day" Traditions

- Take a picture of your kids in the same spot every year. This is a great way to see how your kids have grown.
- Tell the world! Wrap your front door in butcher paper and let your children help decorate. They will love to see "their" sign as they head off to school.
- Stop at your favorite ice cream shop after school.
- Decorate cookies.

