



Back-to-School CHECKLIST for Parents

Another new school year is upon us! Put these tasks on your to-do list to make sure your child gets off to a good start.

- Ease students back into a routine before school starts with regular bedtimes and wake-up times.
- Make a hearty breakfast part of your child's morning routine.
- Post a family calendar where everyone can see it, and coach your child to use it regularly.
- Create a system to keep track of classroom forms, info, and reminders.
- Establish regular communication with your child's teacher—not only to address concerns but also to focus on what's going well.
- Set up a designated, quiet area in your home as the "homework zone" and make sure it's stocked with the appropriate supplies.
- Seek out opportunities to volunteer in your child's classroom or school—there are often even at-home activities you can help with if school hours aren't ideal.
- Sit down with your child and set 3 to 5 attainable, measurable goals for the school year.
- Explore extracurricular opportunities for your child, and help them choose a manageable number of activities to join.
- Find out what kind of technology your child will be using in the classroom, and how (or if) they will be expected to use it at home.
- Plan simple and nutritious lunches and snacks for your child to bring to school.
- Schedule doctor's appointments including check-ups, vaccinations, sports physicals, and dental appointments to make sure your child is up to date.
- Have a conversation about responsible, respectful internet and social media use—even if you've had plenty of these talks before.
- Identify and mark down all important dates during the school year, including holidays, early release days, special events, and testing windows.
- Take a breath, relax, and get excited for another year of learning with your child!

Contact us today for more information.
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