



A handy task-minder for what needs to be done before the first day.

- Register for school.** Even if your child's a returning student, there may be paperwork you need to file. Contact the school or school board for more information.
- Visit the doctor.** Be sure immunizations are up to date and any required medical forms are in order.
- Know school information.** If the information isn't mailed to you, contact the school secretary for a copy of the academic and holiday calendar, school rules and policies, class schedules, and other general information.
- Share important information.** Inform the school if your child takes any medication (particularly if it's dispensed at school), has a disability, or any other information her teacher or administrator should know.
- Shop for school supplies.** If you didn't receive a list from the teacher, contact the school to find out what you need to buy.
- Review personal data.** Make sure your child knows her phone number and address, how to get in touch with you and/or another caregiver, and how to dial 911 in case of an emergency.
- Plan transportation.** Decide on any carpool schedules and/or contact the school board for bus schedules.
- Rehearse the route.** Whether he's walking, riding the bus, or getting a ride, plan and practice as many of the details beforehand so the first day feels familiar and goes smoothly.
- Set up a family calendar.** This will make it easier to track everyone's schedule.
- Go through the closet and buy new clothes.** Reduce clutter by donating items that no longer fit; plan out the first week's wardrobe to cut down on get-ready time.
- Transition to earlier bedtime and waking schedules.** It's easier to ease into the school schedule when your family's already on the school sleeping schedule.
- Set up a homework station.** Help your child choose a workspace before the first day. Be sure it's well stocked with school supplies.



- Make your morning schedule.** Decide on who's going to shower first, etc. For small children, post a list showing everything that needs to be done (dress, brush teeth, etc.).

- Buy lunch supplies for first week.** Try to pack lunches the night before — especially for the first day.

- Review the after-school schedule.** Make sure your child knows his activity schedule and understands how he'll get from place to place.

- Pack the backpack.** Try to ensure she has everything she needs, but beware of making the bag too heavy. Designate a place your child will stash the pack each night.

- Eat breakfast!** Get in a good school mood with a special meal on the first day.

Encourage your child to explore her world have fun with science every day!