

Checklist: Getting Ready for Back-to-School

Preschool--one month to one week before school:

- ☐ Spend time talking with your child about school.
- ☐ Practice separating for hours at a time.
- ☐ Read stories about the first day of school to your child.
- ☐ Plan a back-to-school shopping expedition.
- ☐ Buy or gather supplies you are going to provide for school.
- ☐ Buy supplies your preschooler will likely need to use at home.
- ☐ Put your child's name on his/her supplies, backpack, lunchbox, or any other items he/she takes to school, and inside clothing, coats or jackets.
- ☐ Send in all need paper work and tuition.
- ☐ If you want to participate in a carpool, start making plans now.

Preschool--one week before school:

- ☐ Put your child to bed earlier each night until he/she's turning in at an appropriate school-night bedtime.
- ☐ Get your child used to waking up in the morning at a school-day appropriate time.

Preschool--the night before school starts:

- ☐ Pick out school clothes for the morning.
- ☐ Tuck in your child at an appropriate school-night hour.
- ☐ Before your child goes to sleep, listen carefully to her fears and respond.
- ☐ Read a bedtime, back-to-school storybook to your child.
- ☐ Pack your child's lunch for the next day and refrigerate it.
- ☐ Gather in one place everything that's going to school with your child in the morning.

Preschool--the morning school starts:

- ☐ Take care of any last-minute tasks.
- ☐ Even if you can't do so every day, try to bring your child to school personally on the first day and say goodbyes there.
- ☐ Make your goodbyes short and sweet, let him/her know when you will be back to pick them up.
- ☐ Be prepared for some separation anxiety, provide positive reassurance to your child about his/her school and teachers.