

Getting ready for Back to School can be hectic if you are not organized, but a few minutes of planning can make the transition smooth and easy. There are just a couple of things to do: Make some arrangements, buy a lot of stuff and lay out a typical school day routine.

■ **School Days Routine:** We strongly recommend you and your family work out before and after school routines to clarify responsibilities and avoid upsets on school days. Children perform best within a structured environment, and avoiding chaos and panic on school days is essential to your sanity and to their well-being. Use a schedule to layout their routine and consider these points as you go:

1. Homework: Make sure the children have quiet and well-lit places to do their homework and keep their school books. Schedule homework time when it best suits your child. Some children do best with a snack and half an hour outdoors before doing their homework. Check your children's homework daily.
2. Designate chore times for both the children's daily and weekly chores. Assign age-appropriate chores and increase your child's responsibilities as they grow.
3. Think about the things that cause upset in the household for the kids and find a solution to avoid these upsets. If your daughter gets frantic in the morning because her jeans are not clean, perhaps it's time for her to learn to do her own laundry.
4. Children should do some physical activity and have some outdoor time every day.
5. Lay out your routine with your family to make sure everyone's needs are considered, and that everyone is contributing to the family and to household duties.

■ **A Great Adventure!** Encourage your children to view school as a great adventure and loads of fun. Children take their cues from their parents and if we worry, are apathetic or show separation anxiety, they will have a harder time settling in, especially at first.

■ **An Ounce of Prevention!** Walk the safest school route with your small children to either the bus or the school before class begins. Give them specific instructions as to where to walk and cross, how to handle strangers and what to do or not to do. Prepare and practice emergency routines with your children, in case they leave school early or you are delayed.





# BACK TO SCHOOL TIPS

## Back to School Checklist

### To Do

- Arrange after school care
- Verify school bus schedule
- Arrange emergency alternatives
- Sort through kids clothes
- Mend or alter clothing
- Label supplies, clothing
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### To Contact

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### To Buy

- Clothing
- School supplies
- Medicine
- Extra house keys
- Bus tickets, passes
- Locks for bikes, lockers
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### School Clothing Check List

#### At School

- Underwear
- Socks, stockings
- Shirts, blouses
- Pants, jeans
- Skirts, dresses
- Sweaters, jackets
- Indoor shoes
- Outdoor shoes
- Uniform
- .....
- .....

#### Gym Bag

- Shorts, t-shirt
- Sneakers
- Swimsuit, towel
- Bathing cap, goggles
- .....
- .....

#### Outdoors

- Raincoat, umbrella, boots
- Winter coats, snowsuits
- Winter boots
- Hats, scarves, mittens, glove
- .....
- .....



# KIDS' SCHOOL DAYS ROUTINE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEFORE SCHOOL ..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	AM ..... ..... ..... .....
AFTER SCHOOL ..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	PM ..... ..... ..... .....
AFTER DINNER ..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	EVENING ..... ..... ..... .....

Schedule your regular household jobs here. Taking the time to plan out your weekday routine will save you time and ensure things get done.

# MOM'S WEEKDAY ROUTINE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING ..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	AM ..... ..... ..... .....
AFTER WORK ..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	PM ..... ..... ..... .....
AFTER DINNER ..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	..... ..... ..... .....	EVENING ..... ..... ..... .....