

# GETTING TO KNOW ME!

Please complete this information on behalf of your child and provide it to the teachers. This will give them a quick understanding of your child's likes, dislikes, and other important details.

My name: \_\_\_\_\_

What I like to be called: \_\_\_\_\_

My likes: \_\_\_\_\_

My dislikes: \_\_\_\_\_

My tolerances, frustrations, etc.: \_\_\_\_\_

My special skills, strengths, etc.: \_\_\_\_\_

My areas of support: \_\_\_\_\_

What makes me nervous: \_\_\_\_\_

Things that help me calm down: \_\_\_\_\_

Who I live with: \_\_\_\_\_

My languages: \_\_\_\_\_

Allergies: \_\_\_\_\_

More special notes about me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# BACK-TO-SCHOOL CHECKLIST

## 16 essential tips for parents to help get your child ready for school!

- Adjust Bedtime Gradually:** Start shifting your child's bedtime earlier by 10-15 minutes each night. Wake Up Early Similarly, begin waking your child up early so it is not a struggle on the first day of school.
- Create a Morning Routine:** Establish a consistent morning routine, including getting dressed, brushing your teeth, and eating breakfast.
- Set Up a Sleep Schedule:** To maintain a healthy sleep pattern, ensure your child goes to bed and wakes up simultaneously every day, even on weekends.
- Limit Screen Time:** Reduce screen time, especially in the evening, to help your child wind down and prepare for sleep.
- Healthy Food:** Nutritious and balanced meals are essential for energy and focus. Plan balanced meals that include protein, fruits, and whole grains.
- Back-to-School Shopping:** Involve your child in shopping for school supplies. Letting them choose their backpack, pencil cases, and notebooks can create excitement and a sense of ownership.
- School Tour:** If possible, visit the school before it starts. Familiarizing your child with the environment can ease anxiety and make the first day less intimidating.
- Meet the Teacher:** Arrange a meeting with your child's teacher. Establishing this connection early can help address concerns and set a positive tone for the school year.
- Review Skills:** Refresh basic skills like reading, writing, and math through fun and engaging activities. This helps your child feel confident and prepared.
- Organize School Supplies:** Set up a designated area for school supplies and homework. Keeping everything organized makes it easier for your child to stay on top of their assignments.
- Practice the Route:** If your child will be walking, biking, or taking the bus to school, practice the route together. This will help them feel more comfortable and ensure they know the way.
- Label Belongings:** Label all school supplies, clothing, and personal items. This will prevent them from getting lost and help your child keep track of their things.
- Talk About School:** Discuss what a typical school day will be like. Address any questions or concerns your child may have to help them feel more at ease.
- Set Up a Homework Station:** Create a quiet and comfortable space for your child to do homework and study. A dedicated area can improve focus and productivity.
- Encourage Independence** Teach your child to take responsibility for tasks like packing their backpack and preparing their clothes for the next day. This fosters independence and self-reliance.
- Stay Positive** Maintain a positive attitude about the upcoming school year. Your enthusiasm and confidence will help your child feel excited and ready to start school

# BACK-TO-SCHOOL CHECKLIST



## The Week Before School Starts:

- Review the Schedule:** Go over the daily schedule with your child so they know what to expect throughout the day.
- Encourage Friendships:** Encourage your child to introduce themselves to new classmates and make new friends.
- Label Everything:** Label all personal items and school supplies with your child's name to prevent them from getting lost.
- Practice Goodbyes:** Keep goodbyes brief and upbeat. Prolonged farewells can increase anxiety.
- Remind Your Child It's Okay to Ask for Help:** Reassure your child that asking the teacher for help is okay if they need anything.
- Talk About After-School Plans:** Let your child know who will pick them up and what they can look forward to after school.
- Stay Connected:** If possible, send a quick note in their lunchbox to let them know you're thinking of them.
- Prepare the Night Before:** Lay out clothes, pack the backpack, and prepare lunch the night before to reduce morning stress.
- Early Bedtime:** Ensure your child gets a good night's sleep to be well-rested and ready for the day.



# BACK-TO-SCHOOL CHECKLIST

## First Day of School!

- Healthy Breakfast:** Serve a nutritious breakfast to provide energy and focus for the morning.
- Arrive Early:** Arrive at school early to give your child time to settle in and get comfortable in the new environment.
- Stay Positive:** Maintain a cheerful attitude to help ease any anxiety your child may feel.
- Be Calm and Confident:** Your calm demeanor can reassure your child that everything will be fine.
- Bring a Comfort Item:** If allowed, let your child bring a small comfort item, like a favorite toy or a family photo, to help them feel secure.
- Introduce Yourself:** Introduce yourself to the teacher and other parents. Building a sense of community can comfort you and your child.
- Capture the Moment:** Take a photo to commemorate the first day, but keep it quick and fun.
- Be Patient:** Understand that the first day can be overwhelming. Be patient with your child as they adjust.
- Talk About the Day:** After school, ask open-ended questions about their day to encourage them to share their experiences.

# BACK-TO-SCHOOL CHECKLIST FOR PARENTS

## BEFORE SCHOOL STARTS

- Clean out/organize kids closet
- Add school calendar to planner
- Schedule doctor appointments
- Review basic academic skills
- Begin discussing school
- Organize necessary paperwork
- Create a back to school budget

## 1-2 WEEKS BEFORE

- Get haircuts
- Follow school sleep schedule
- Meal plan for the first week
- Shop for school supplies
- Set goals and expectations
- Stock up on groceries and other household necessities
- Tour school and visit classroom

## STATIONS TO CREATE

- Homework station
- Backpack storage area
- Lunch packing/snack station
- Family gathering station

## NOTES

'S

# DAILY HABITS CHECKLIST

## MORNING



- Brush teeth
- Brush hair
- Get dressed
- Eat breakfast
- Put on Shoes & Socks
- \_\_\_\_\_

## AFTER SCHOOL



- Put Backpack away
- Eat Healthy Snacks
- Chores
- Homework
- Playtime
- \_\_\_\_\_

## CHORES



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BEDTIME



- Put Away Toys
- Bathe
- Brush Teeth
- Put on PJs
- Read for \_\_\_ minutes
- \_\_\_\_\_