

# BACK TO SCHOOL CHECKLIST FOR MOM

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## THE NIGHT BEFORE

Charge your camera!

Lay out clothes for the first day of school.

Review school supplies with children (especially younger ones).

Double check the backpack to be sure that all supplies are packed.

Make and pack lunches, if needed.

Enjoy a family dinner together.

Review expectations for the morning routine.

Read a back to school book before bed.

Start your bedtime routine a bit early to get kids settled down.

## THE FIRST DAY

Wake kids up a bit early to give time for any last minute hiccups.

Make a hearty and filling breakfast.

Review plans after school such as pick up plans.

Take first day photos.

Leave for school or the bust stop early.

Send your kids off with a smile (even if you want to cry)!