



# 30 tips for Parents

## BAG TO K SCHOOL

### Reflect and Improve:

Review last year's routines and see what worked well and needs tweaking.

### Prioritize Activities:

Ask your kids about their favorite afterschool activities and prioritize sign-ups.

### Car Prep:

Ensure the family car is ready. Schedule a tune-up, clean it, and restock supplies.

### Update Calendar:

Add important dates to the family calendar using color coding for different events.

### Declutter Drawers:

Clean out drawers before shopping for school supplies. Donate items in good condition.

### Set Expectations:

Have a family meeting to outline chores, academic goals, and responsibilities. Keep the list visible.

### Colored Folders:

Use a colored folder for each child's important documents and review them nightly.

### Plan Meals:

Prepare easy meals for the first week back to school. You can just stock up on pantry essentials and plan a pizza night.

### Homework Caddy:

Create a unique caddy with school supplies for your child.

### Build a Parent Network:

Connect with other parents for support and resources.

### Morning Routine:

Practice your morning routine before school starts to make necessary adjustments.

### First-Day Photos:

Choose outfits and plan for first-day photos in advance.

### Transportation Plan:

Discuss backup plans for getting to school if they miss the bus or carpool.

### Health Check:

Schedule doctor's appointments for vaccinations and physicals. Check school requirements.

### Stay Updated:

Follow the school's social media for news and events.

### Open House:

Attend the school's open house to meet teachers and see the classroom.

### Address Needs:

Contact the school about your child's unique medical or dietary needs.

### Set Goals:

Help your child set new goals for the school year.

### Playdate:

Organize a playdate with kids who will attend the same school.

### Electronics Contract:

Create a contract outlining screen time rules.

### Eye Exam:

Schedule an eye exam to check for vision changes.

### Emergency Contacts:

Ensure backpacks have a list of emergency contacts.

### Clean House:

Start fresh with a deep clean and declutter session.

### Give Back:

Donate extra school supplies to those in need.

### Celebrate:

Plan a family fun night before school starts.

### Stock Snacks:

Keep snacks, backpacks, and sports bags handy in the car.

### Bathroom Schedule:

Create a schedule for bathroom use and grooming.

### Organize Storage:

Assess and organize storage systems for school supplies.

### Lift Kits:

Prepare a bag with essential items and a note of encouragement for your child.

### Gifts:

Send your kids off with a little gift to show you care.