



BACK-TO-SCHOOL TIPS

Here are some ideas to help ease into school and keep everyone organized throughout the year.



SHOP SMART

Before you go shopping for new clothes, have each child try on the clothes they haven't worn since last year. As you find items that no longer fit, set them aside for hand-me-downs, take to a consignment shop or donate to charity.

MAKE ROOM

Clean out closets and desk drawers. Not only will this make room for school clothes and supplies, but it will help get everyone organized and out the door a little faster in the morning.

SLEEP TIGHT

You'll want to be sure your kids are getting plenty of sleep when school starts. If your kids have been staying up extra late this summer, gradually move their bedtimes up by fifteen minutes a night. This will make bedtimes easier on you when school begins, and it will help relieve the back-to-school jitters and insomnia.

DOCTOR'S NOTES

If you need to have forms signed by your child's pediatrician, send them to your doctor's office as soon as possible. Also, if your child has a food allergy, contact your child's teacher before the school year begins to discuss any necessary precautions.

BABYSITTING ARRANGEMENTS

Double check that your babysitter knows what day school starts, and understands when you'll need him or her to be available. In addition, take the time to confirm his or her pay rate and your planned payment schedule.

PENCIL ME IN

Add school-related items to your calendar, like half-days and holidays. Also, fill in your kids' regular activities, like soccer practice, ballet, or karate. Create a larger family calendar where everyone can pencil in their activities too.

FILE IT AWAY

On the first day of school, your kids will probably come home with papers for you to sign. You'll want to have a place in your home where your kids can regularly leave the paperwork that requires your signature. Have each child create their own in-box or folder. You'll also want to have one spot where you can keep information on hand that you'll need frequently, like the school lunch menu and calendar.

GEAR BOX

With after school and weekend activities comes a lot of gear. Each child should have their own large storage box to keep uniforms, equipment, and whatever else they might need for their practice or lessons.