

Back-to-School Checklist for Families

Check off each item as you prepare
for the new school year.



Health & School Requirements

- ☐ Schedule annual physical exams
- ☐ Complete required school health forms
- ☐ Update immunization records (if needed)
- ☐ Refill necessary medications

Academic Preparation

- ☐ Review summer reading & homework assignments
- ☐ Organize school paperwork and forms
- ☐ Confirm class schedules and teacher assignments
- ☐ Attend a teacher meet-and-greet

School Supplies

- ☐ Review last year's leftover supplies
- ☐ Obtain the school's supply list
- ☐ Purchase necessary school supplies
- ☐ Label supplies, jackets, and water bottles

Transportation & Childcare

- ☐ Confirm school pickup and drop-off plans
- ☐ Review bus routes and schedules
- ☐ Coordinate before- and after- school childcare needs
- ☐ Create a backup plan for schedule changes and school closures

School Calendar Planning

- ☐ Review the school calendar
- ☐ Mark holidays and school breaks
- ☐ Note half days and early dismissals
- ☐ Add teacher workdays and conference dates to your calendar
- ☐ Coordinate family vacations and time off

Daily Routines

- ☐ Establish school-year bedtimes
- ☐ Adjust wake-up times before school starts
- ☐ Create a morning and afternoon/homework routine

Meals & Lunch Planning

- ☐ Create a list of breakfast ideas
- ☐ Plan school lunches
- ☐ Stock up on lunchbox essentials
- ☐ Discuss weekly meal plans
- ☐ Purchase a reusable water bottle
- ☐ Purchase or clean out lunch boxes

Haircuts & Clothing

- ☐ Schedule haircuts
- ☐ Plan first-day-of-school outfits
- ☐ Check that clothing, rain gear, and shoes still fit

Family Organization

- ☐ Create a shared family calendar
- ☐ Review extracurricular activity schedules
- ☐ Confirm activity transportation plans
- ☐ Discuss household responsibilities for the school year

First Week of School

- ☐ Pack backpacks the night before
- ☐ Lay out first-day outfits
- ☐ Charge devices (if needed)
- ☐ Take first-day photos
- ☐ Celebrate a successful start to the school year!

Au Pair Support Reminder

- ☐ Apply to host an au pair at [AuPairInAmerica.com](https://www.aupairinamerica.com) (if you haven't done so already!)
- ☐ Discuss school-year schedules and expectations with your au pair
- ☐ Review pickup/drop-off responsibilities
- ☐ Share important school dates and calendar changes
- ☐ Coordinate meal, homework, and activity routines
- ☐ Create a plan for sick days, school breaks, and unexpected schedule changes

