**BEFORE THE SCHOOL YEAR STARTS**

[ ]  ***Check that your children are in good physical and mental health***

[ ]  ***Review the material sent by the school as soon as it arrives***

[ ]  ***Mark your calendar***

[ ]  ***Make multiple copies of child's health/emergency information for reference***

[ ]  ***Buy school supplies early***

[ ]  ***Reestablish bedtime and mealtime routines (especially breakfast)***

[ ]  ***Turn off the TV***

[ ]  ***Visit school with your children***

[ ]  ***Minimize clothes shopping woes***

[ ]  ***Designate a study/work area for homework***

[ ]  ***Select a spot to keep backpacks and lunch boxes***

[ ]  ***Freeze a few easy dinners***

THE FIRST WEEK

[ ]  ***Clear your own schedule***

[ ]  ***Make lunches the night before school***

[ ]  ***Set alarm clocks***

[ ]  ***Leave plenty of extra time***

[ ]  ***Prepare for after school***

[ ]  ***Review your children's schoolbooks***

[ ]  ***Send a brief note to your children's teachers***

[ ]  ***Familiarize yourself with the other school professionals***