**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***