

# Back to School



GEORGIA CAN

## PARENT CHECKLIST

Back-to-school time can be stressful. To help you and your child get ready, GeorgiaCAN has broken down back-to-school prep into a few easy steps over the next few weeks. These ideas come from parents like you.

### A month before school starts:

- Get to know the school calendar. We suggest printing the calendar or syncing it with a family Google calendar.
- Schedule doctor visits. This is a perfect time to get the annual physical for school and sports activities.
- Explore the before and after-school childcare options provided by your school or district. Take a moment to learn about your school's care programs.
- Review last year's school content. Just 10 minutes each day can make a big difference. High school students should also ensure any summer reading or coursework is completed.
- Discuss the transportation plan and daily routine. It's helpful to ensure everyone is on the same page.

### Two weeks before school starts...

- Scale back on screen time. Most devices have built-in time-limit features.
- Adjust wake-up time and establish a daily routine.
- Talk with your child about their goals for the school year.
- Discuss transitioning to a new school. This is a great time to connect and discuss what to expect.
- Plan to attend the open house. It's a great way to connect with your child's educators.

### One week before school starts...

- Ensure you have school supplies ready for the first day.
- Update your contact and emergency contact information with the local school district.
- Walk through their day with them. Discuss the class schedule and who will drop them off and pick them up.
- Ensure they know how to contact you in an emergency.
- If they're taking the bus, make sure they know their pick-up time and drop-off location.
- Follow your school district's social media channels.

### The night before school starts...

- Make sure your child gets a good night's rest.
- Have them pick out their first-day outfit
- Ensure any required paperwork or documentation is ready to be handed in.
- Set your alarm and theirs.
- Take a moment to pack their lunch.
- Go over the plan for the day with your child

### Two weeks after school starts...

- Read the handbook. It's important to understand the rules and expectations for students. Make sure to allocate some time to read through the code of conduct.
- Learn how your child's teacher prefers to communicate. Ask, "How would you prefer to communicate with me? Email, text, or phone calls?"
- Update the family calendar. Make sure to incorporate the school's activities calendar so you'll never miss a spirit day again.
- Check-in with your child to see how school is going. Ask probing questions like, "Who did you sit next to at lunch?" or "What is your favorite activity at school?"
- Get involved. Sign up to join the PTA or PTO.
- Keep Positive! We know sometimes things don't go as planned or it can be a stressful time for you and the kids, try to keep an optimistic attitude.