

Highlights

BACK-TO-SCHOOL BINGO



Agree on a flexible daily schedule, allowing for after-school playtime.



What's on your mind?

Tell stories. Designate one day after dinner to share imaginative thoughts and ideas.



Keep a journal—could be text, audio, even drawings.



Write a letter to your new teacher and mail it before school starts.

Plan one last trip to the lake, pool, or other favorite location to enjoy the fresh air and preserve memories.

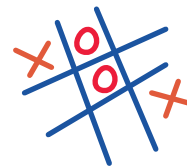


Select an alarm clock and set it together at bedtime.



Complete your summer reading list.

Talk about any school jitters over breakfast.



Allow for downtime every day.

Test out the walk or ride to school. Or make sure all the links are working for online classes.



Keep the first few days of school as commitment-free as possible.



Shop for supplies. Personalize backpacks and lunch boxes.

Free Space



Use your phone's timer to help mornings go smoothly.

Select a family calendar. Each person chooses her own color to mark commitments.



Be smart about sleep. School-age children need 9 to 12 hours of sleep a night.



Create a landing zone for kids' school essentials. Designate a basket or crate for each child.

Establish a regular "school night" routine for bedtime a week before school begins.



Shop for clothes, shoes, and sneakers.

Make a lunch plan for the first week. Continue doing so each Sunday night.



Listen to music. Take turns selecting a piece to share at dinner.



Get haircuts and dental and medical checkups. Fill prescriptions as needed.

Take family walks. Use the time to talk about ideas and feelings.



Make time for reading every day.

Hang a world map on a wall to locate countries where news events take place.

