

THE ULTIMATE BACK-TO-SCHOOL CHECKLIST

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One Month Before: Routines & Medical

- ☐ Adjust bedtime/wake-up times by 15 minutes
- ☐ Schedule annual pediatric physicals
- ☐ Book vision and dental checkups
- ☐ Check immunization records
- ☐ Complete mandatory summer reading/math
- ☐ Discuss feelings and anxieties about the new grade
- ☐ Arrange a playdate with school friends
- ☐ Audit existing school supplies at home
- ☐ Check school start times and dates
- ☐ Review school handbook for policy changes

Three Weeks Before: Wardrobe & Supplies

- ☐ Weed out outgrown clothes and shoes
- ☐ Review school dress code/uniform rules
- ☐ Buy essentials: socks, underwear, daily sneakers
- ☐ Get the official school supply list
- ☐ Purchase an ergonomic backpack
- ☐ Buy notebooks, binders, and folders
- ☐ Buy pens, pencils, and art supplies
- ☐ Purchase a durable lunchbox and thermos
- ☐ Order waterproof name labels
- ☐ Label all gear, jackets, and electronics

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Two Weeks Before: Logistics & Tech

- ☐ Update emergency contact forms
- ☐ Notify school nurse of allergies or meds
- ☐ Audit required tech (laptops/tablets)
- ☐ Set school-week screen time boundaries
- ☐ Create a distraction-free homework station
- ☐ Verify bus routes and pickup times
- ☐ Practice the morning commute/walk
- ☐ Sync master calendar with school holidays
- ☐ Register for after-school care if needed
- ☐ Plan extracurricular limits (sports/clubs)

One Week Before & First Day

- ☐ Create a rotating 2-week lunch menu & stock pantry
- ☐ Prep a "Launchpad" near the door for bags
- ☐ Schedule back-to-school haircuts
- ☐ Pack the backpack and lay out clothes the night before
- ☐ Read a book to unwind (no screens before bed)
- ☐ Eat a high-protein breakfast
- ☐ Take the classic "First Day" photo
- ☐ Keep drop-off goodbyes brief and positive

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