

Ready, Set, School!

Use this handy checklist to prepare for fall.

- Take your kids on some educational day trips.**
There are several museums, battlefields, and landmarks right in our backyard!
- Schedule annual well-visits.**
Make sure kids are up-to-date on all important immunizations.
- Encourage an earlier bedtime.**
Try getting kids to bed 10-15 minutes earlier each night until the desired bedtime is achieved.
- Designate a homework center.**
Once the papers start flying, you'll be glad you did!
- Set goals for the year ahead.**
Make it a mix of achievable and stretch goals.
- Pick-up school supply lists and make a plan for purchasing them.**
Don't forget to account for what you already have, first!
- Work on independent activities.**
Kids will be expected to do a lot on their own once away from you at school.
- Go through last year's clothes.**
Make a plan to pass down or donate anything that no longer fits.
- Decide on school-year chores.**
They can be as simple as unpacking backpacks after school, and repacking for the next day.
- Make family and fitness time a priority.**
The CDPHP® wellness calendar is a great place to start! Visit www.cdphp.com/classes.

Name _____

Things I want to do before the end of the summer

- _____
- _____
- _____
- _____
- _____
- _____

Goals for the school year

- _____
- _____
- _____
- _____

