

Back To School Checklist

Getting your child ready for the new school year can be a hectic and stressful time with everything one needs to prepare. Spending some time beforehand to plan for everything you need will ultimately save you a lot of time and stress, while also making sure your child is well taken care of.

While school supplies differ from school to school and year to year, here is a list of ten of those items that are not always top of mind, but still vitally important.

1. Does your child AND your child's school have all of the necessary emergency contact numbers?
2. Has your child received all of their vaccinations?
3. Does your child know the safety basics? E.g. don't talk to strangers, road and pedestrian safety, and what to do in an emergency.
4. Does your child have any allergies that the school needs to be made aware of?
5. Is your child's school aware of any medications he/she needs to take?
6. Is the medication they need labelled properly and have you checked the expiry date?
7. Do you have the school's emergency contact information?
8. Do you have a healthy school lunch plan?
9. Has your child been taught the basics of personal hygiene?
10. Does your child have a good school bag? One that sits comfortably on the shoulders and easily holds everything they need, can help prevent back problems.