

# BACK to SCHOOL JUMPSTART

Use this printable as a day-by-day reminder to keep you on track, keep you engaged, and keep you enjoying the little moment's in your child's life.

1. Print off your **child's school supply list**.
2. Label your child's lunchbox and backpack.
3. Talk with your child about any first-day worries and share with them our **Affirmations Guide**. ([Download the free printable guide here!](#))
4. Talk with your child about making friends and the importance of the golden rule.
5. Help your child write down goals for the new school year.
6. Have a **back-to-school feast**.
7. Ask your child if there are any kids sitting alone at lunch and encourage them to invite them to sit with them the next day.
8. Take a first-day-of-school photo. Print it and display it.
9. Put a surprise treat in your child's lunch.
10. Write your child a **special lunchbox note**. ([Download our lunchbox note printables here!](#))
11. Ask your child which extracurricular activities they would like to participate in this year.
12. Ask your child what they like about their new teacher.
13. Make a treat for your child's teacher, with your child.
14. Kiss your child goodbye in the morning and say, "I love you".
15. Ask you child what they learned today.
16. Sit down and have an after-school snack with your child.
17. Prepare a 'homework spot' for your child.
18. Make a plan to register your child in a US History program. ([You can join the waitlist here!](#))
19. Put your child's after-school activities on your calendar.
20. Ask your child, "What was the best thing about school today?"
21. Tell your child your favorite memory from when you were in school.
22. Ask your child if they have made any new friends.
23. Host a play date for your child.
24. Find your child's school on Facebook and stay updated on social happenings.
25. Sit down and eat breakfast with your child.
26. Before your child gets out of the car say. "It's going to be a great day!"
27. Let your child pick the Spotify playlist or radio station to listen to in the car on the way to school.
28. Play I Spy.....on the way to school.
29. Contact your child's teacher and volunteer.
30. Play a board game with your child before bed.

