

Checklist for parents of children who are going to school for the first time

- Gather School Supplies:** Purchase a backpack, notebooks, pencils, and other necessary materials.
- Label Your Child's Belongings:** Mark your child's name on clothing, the backpack, and other personal items.
- Prepare School Clothing:** Ensure your child has appropriate school clothes or a uniform.
- Meeting with the Teacher:** Set up a meeting with the teacher for an introduction.
- Discuss Safety Rules:** Teach your child basic road safety and school safety rules.
- Prepare Healthy Lunches:** Plan nutritious breakfasts and lunches that your child can take to school.
- Establish a Daily Routine:** Begin adjusting your child's schedule to match school routines a few weeks before school starts.
- Teach Independence:** Practice self-care skills like dressing, eating, and personal hygiene.

