

Back-to-School Checklist for Mom *from*

HEALTHY ESSENTIALS™

Johnson & Johnson FAMILY OF CONSUMER COMPANIES

A new school year is all about fresh starts. Here's a back-to-school checklist to keep you organized and stress-free – and make sure your kids kick off the school year right.

Five weeks ahead:

- **TACKLE THAT SUMMER READING.** If your child has a reading list, pack those books in the beach bag. Or visit the American Library Association online for recommendations to keep kids intellectually active so they can hit the ground running when classes start.
-

Three weeks ahead:

- **SHOP FOR SCHOOL CLOTHES.** Stores have stocked up for fall, so look for the sales. Also make a stop for mouthwash, skin-care products and hair essentials so they can make a great first impression.
 - **SET UP FOR HOMEWORK SUCCESS.** Whether it's in their bedroom or a corner of the kitchen, set up a spot that's dedicated to homework. Make sure it's well lit and away from distractions like the TV.
-

Two weeks ahead:

- **ORGANIZE YOUR ENTRY.** It all collects right by the door – textbooks, art projects and cleats. Cubbies and wall hooks can simplify rushed mornings. Stock a basket with late-summer essentials like sunscreen and sunglasses; switch it over to gloves and hats when nippy weather arrives.

Two weeks ahead continued:

PACK UP THE BACKPACK. Pencils? Check. Ruler? Check. What about extra shoelaces, bandages, hand sanitizer? Pack a life's-little-emergencies kit in a zippered plastic bag that can live alongside the textbooks and gym shorts.

DRAFT A DAILY SCHEDULE. You don't want mornings to feel like reruns of "Beat the Clock." Map it out – how much time for breakfast? For primping? For finding that lost textbook? Smartphone apps can help keep everyone on the same digital page once you head out the door.

One week ahead:

POPULATE YOUR CALENDAR. Most schools offer a list of important days to remember – conferences, concerts, professional development days. Plug it all into your calendar now so you'll be prepared to chaperone field trips or make bake-sale muffins.

STREAMLINE SCHOOL LUNCHES. Pull together all the plastic containers and thermoses. Having your kids' favorite fruits and snacks on hand could get them more excited to pack their own lunchboxes.

3 Days ahead:

WIND DOWN TO EARLIER BEDTIMES. Help kids ease back into school-year sleep schedules with a soothing evening routine. Bathtime with light massage and aromatherapy can go a long way to getting kids settled.

The Night Before:

IT'S GO TIME. Now you can focus on calming the first-day jitters as they get revved up for the best school year ever!

Back-to-School Shopping Checklist

School supplies	✓
Pencils	
Pens	
Notebooks	
Crayons	
Glue sticks	
Highlighters	
Grooming basics	✓
Shampoo and conditioner	
Facial wash	
Body wash	
Body lotion	
Cleansing cloths	
Mouthwash	
Skin care	✓
Sunscreen	
Acne treatments	
Foaming bath	
Other essentials	✓
Allergy medication	
Children's pain reliever	
Adhesive Bandages	
Hand sanitizer	

Notes:
