

30-Day Family Checklist for New Immigrants to the USA

Week 1: Arrival & Family Safety

This is a fillable 30-day checklist. You can check boxes as you complete each task.

Keep all family passports and immigration papers safe

Confirm home address and emergency contacts

Apply for Social Security Numbers for eligible family members

Locate nearest hospital and pharmacy

Set up family phone access

Week 2: Children & Daily Life

Enroll children in school or daycare

Collect school and vaccination records

Learn school bus or transportation options

Create a family daily routine

Find local family or cultural support groups

Week 3: Work & Healthcare

Apply for jobs or job assistance programs

Explore family health insurance options

Schedule medical checkups if needed

Create a shared family calendar

Practice English as a family

Week 4: Stability & Adjustment

Look for long-term family housing

Create a family budget

Learn local laws and school rules

Meet neighbors or community members

Celebrate your family's progress