

MOMMAKESHOME.COM

Back-to-School Countdown Checklist

A no-overwhelm, staggered prep plan
for moms with multiple kids

One fillable page per kid, plus a family
command center overview.

Back-to-School Checklist

Individual kid page

Kid's Name:

Grade:

6 WEEKS OUT

- Sort supplies & clothes — check what still fits
- Start this kid's supply list
- Begin shifting bedtime by 15 min
- Order name labels for lunch gear, jackets, bottles

3 WEEKS OUT

- Shop this kid's supply list
- Set up their launch pad spot (hook/bin)
- Test-run their lunch container
- Pick first-day outfit together

WEEK OF

- Shift to real school bedtime/wake time
- Trial-run the morning routine
- Set up a morning routine chart
- Pack backpack the night before (start habit)

NIGHT BEFORE

- Outfit laid out
- Lunch packed / lunch money ready
- Backpack by the door, forms signed
- In bed on time

NOTES / SPECIAL REMINDERS

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Family Command Center

The whole crew, at a glance

First Day of School:

KID'S NAME	BEDTIME	LUNCH	BACKPACK	OUTFIT
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HOUSEHOLD-WIDE PREP

Shared school calendar posted

Emergency contact forms updated for all kids

Carpool / pickup plan confirmed

Meal plan for first week of school