



BCDI
Black Child
Development Institute

**NEW YORK
STATE**

PARENT CHECKLIST

GETTING YOUR CHILD READY

to Return to School

Small steps today build confident,
capable, and prepared children tomorrow.
Use this checklist to support a strong
start to a successful school year.



1 ESTABLISH HEALTHY SLEEP ROUTINES

Rested kids are ready to learn.

- Set a consistent bedtime and wake time.
- Create a calm bedtime routine.
- Aim for 9–12 hours of sleep each night.

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2 BUILD NUTRITIOUS HABITS

Good food fuels
growing minds.

- Offer balanced meals and healthy snacks.
- Encourage water and limit sugary drinks.
- Involve your child in meal planning.

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3 KEEP LEARNING ALIVE

Learning happens
everywhere.

- Read together every day.
- Explore books, stories, and new ideas.
- Visit the library or explore learning apps.

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4 TALK ABOUT FEELINGS

Emotional wellness
matters.

- Ask how your child feels about school.
- Listen, validate, and encourage expression.
- Practice calming strategies together.

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5 GET ORGANIZED TOGETHER

A little prep
reduces stress.

- Gather school supplies and label items.
- Set up a space for homework and reading.
- Practice the morning and bedtime routines.

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6 MOVE YOUR BODY

Active bodies support
active minds.

- Encourage daily play and physical activity.
- Limit screen time and add movement.
- Take walks, dance, or play outside.

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7 BUILD POSITIVE CONNECTIONS

Strong relationships
build strong kids.

- Talk with teachers and school staff.
- Encourage friendships and kindness.
- Celebrate your child's strengths and efforts.

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8 BELIEVE, ENCOURAGE, AND EXPECT SUCCESS

Your belief in them
changes everything.

- Set goals together for the year.
- Encourage perseverance and a growth mindset.
- Remind them: "You can. You will."
We've got this!"

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You are your child's first teacher and biggest cheerleader.
TOGETHER, WE CAN BUILD A BRIGHTER FUTURE.



We Read.
We Grow.
We Lead.
We Legacy.



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Building Brighter
Futures One Child
at a Time.

WAYS PARENTS PREPARE FOR SCHOOL



Small actions today lead to big success tomorrow!
Use this checklist to stay prepared, informed, and involved.



CHECK THE SCHOOL WEBSITE

Visit the website for important dates, school calendars, supply lists, policies, and updates.

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PRACTICE MORNING ROUTINES

Practice getting dressed, eating breakfast, and leaving on time to reduce first-day stress.

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MARK IMPORTANT DATES

Add key dates to your calendar—first day of school, holidays, breaks, parent-teacher conferences, and early dismissals.

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TALK WITH YOUR CHILD

Discuss what to expect, answer questions, and share positive messages about the new school year.

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SIGN UP FOR COMMUNICATIONS

Subscribe to school emails, text alerts, and newsletters so you don't miss important information.

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CHECK IN ON EMOTIONS

Encourage your child to talk about how they feel. Offer support and celebrate their excitement.

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ATTEND ORIENTATION

Go to orientation or open house to meet teachers, learn school procedures, and ask questions.

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BUILD A SUPPORT NETWORK

Connect with other parents, teachers, and community resources to create a strong village around your child.

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PREPARE SCHOOL SUPPLIES EARLY

Purchase supplies ahead of time and label items with your child's name.

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CREATE A LEARNING SPACE

Set up a quiet, organized space at home for reading, homework, and creativity.

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PLAN TRANSPORTATION

Confirm bus routes, pickup/drop-off times, carpool arrangements, or after-school care. Do a test run if it's a new route.

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ENCOURAGE INDEPENDENCE

Let your child practice age-appropriate responsibilities like packing a backpack and remembering assignments.

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YOUR INVOLVEMENT MAKES A DIFFERENCE.

When families and schools work together, children thrive—in school and in life.

Let's make this the best school year yet!



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