

BACK TO SCHOOL

Sanity Check List for Parents

A list for parents to feel more prepared, centered, and connected as the school season begins.



Emotional Preparation

- ☐ Checked in with kid(s) about feelings around starting school
- ☐ Checked in with my own emotions. What am I feeling in this moment?
- ☐ Normalized back-to-school feelings
- ☐ Made space for end of season grief if summer felt too short, hard, or didn't meet expectations

Regulate Before You Respond

- ☐ Identified a personal regulation strategy (breathing, walking, journaling, etc.)
- ☐ Take a pause when back to school stress starts to respond instead of reacting in the moment
- ☐ Set a reminder to take breaks during the day
- ☐ Identify one person I can text for support when I need to vent

Parental Compassion

- ☐ Gave myself permission to not be perfect
- ☐ Celebrated one win per day, no matter how small it was
- ☐ Reminded myself to focus on self talk with words of kindness instead of criticism
- ☐ Made time for a positive activity alone or with my family

Practical Logistics

- ☐ Set calendar reminders for school meetings & events
- ☐ Shared calendar with those who would need to know about schedules events
- ☐ Blocked off "transition time" for myself (even just 10 min post-drop-off)
- ☐ Focus on essential tasks and said no to at least one non-essential task this week

