



# Back to School Checklist for Co-Parents

Parental involvement in children's school experience is key to both their satisfaction and success in their learning environment. This can be a tricky feat to achieve as co-parents operating from separate households. Use this checklist to ensure that you and your parenting partner are covering all the bases this school year.



- ☐ Decide on a bedtime for your child. Talk with your pediatrician about sleep requirements based on age. Then, determine when your child needs to wake up in the morning to comfortably have enough time to get ready for school (without rushing!!), and work backward from there to determine an appropriate bedtime.
- ☐ Update your contact information with your child's teacher, coaches, or any other related personnel.
- ☐ Update your pick-up/drop-off information (who's on the allowed list, what's the schedule, how to contact each person, etc.)
- ☐ Update your emergency contact information for each parent (in the event that either is not reachable)
- ☐ Take inventory of school clothes and supplies at each household.
- ☐ Identify any required items for school (supplies, sports equipment, uniforms, clothes, shoes, etc.) Determine which parent will purchase or how the cost will be split between the two.
- ☐ Label all school belongings.
- ☐ Create a shared calendar for school events (or share copies of the school calendar).
- ☐ Take note of conference dates and begin planning for participation of both parenting partners.
- ☐ Take note of school vacations/closure dates and make a plan for childcare (if necessary).



- ☐ If one parent is long-distance: Use the school calendar to plan and schedule travel for visitation with long-distance co-parents for school breaks, to ensure the child does not miss school
- ☐ Research and discuss volunteer opportunities (for the classroom, school events or committees, extracurriculars, etc.). Determine if/when each co-parent will participate.
- ☐ Arrange playdates with classmates to help child adjust socially to the classroom
- ☐ Arrange a classroom/school tour (if desired)
- ☐ Discuss/Align on which extracurricular activities the child will participate in and delegate any related responsibilities (payment, registration, transportation, etc.) between co-parents

## Additional checklist items not listed above:

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