

The Back-to-School *Simple Plan*

A PRACTICAL GUIDE FOR CALMER
MORNINGS, LIGHTER EVENINGS, AND A
SCHOOL YEAR THAT FITS REAL LIFE.

START HERE

You do not need to organize the entire school year today. Start with the one area that would make your family feel 10% lighter.

Two to four weeks before school

- Put school dates, work conflicts, activities, childcare, and transportation in one trusted calendar.
- Schedule required health visits; request medication refills, records, and school forms.
- Confirm enrollment, emergency contacts, pickup permissions, and after-school care.
- Audit backpacks, lunch gear, bottles, uniforms, shoes, devices, chargers, and supplies before shopping.
- Set a back-to-school budget and keep a “wait until school starts” list for nonessential items.
- Choose a short breakfast rotation, three lunch mains, two snacks, and one emergency dinner.
- Ask each child: “What are you excited about, and what feels uncertain, makes you feel scared or worried?”

USE WHAT YOU HAVE

Shop your home first

Sort what you find into three simple baskets before you buy.

READY

Clean, working, fits, and can be used now.

REPAIR / WASH

Needs one small action before it returns.

REPLACE

Broken, outgrown, missing, or specifically required.

CHWT reminder: A fresh start does not require a completely new version of everything.

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The Home Reset

Set up three systems that carry the week—then practice only what your family needs.

THE WEEK BEFORE

- Practice one morning by working backward from the leave time.
- Move bedtime and wake time gradually if summer drifted later.
- Choose first-week outfits or simple outfit formulas; wash what is needed.
- Review drop-off, pickup, safe adults, check-ins, and what to do when plans change.
- Update and charge devices; label the gear most likely to disappear or get lost
- Protect one open evening so the family has room to recover.

SIMPLE SYSTEMS

Let the home do some of the remembering

Use what your family already does, make the next step more visible and easier to repeat.

1

Launch zone

Give backpacks, shoes, keys, devices, activity bags, and tomorrow's unusual items one dependable home. A basket and a few hooks are enough.

2

Paper + digital

Choose one action spot for forms and one digital hub for dates, contacts, school links, and logins. Capture the action, add the date, and close the message.

3

Food rhythm

Repeat approved breakfasts and lunches on purpose. Prep one or two components, not an entire Pinterest-worthy week.

A REPEATABLE CLOSE

The night-before

- | | |
|----------------------------------|------------------------------|
| 1 Look at tomorrow. | 2 Pack what leaves. |
| 3 Decide the food. | 4 Set out what will be worn. |
| 5 Create a calm bedtime routine. | |

HARD-NIGHT VERSION

Put backpacks by the door. Pack an easy lunch. Choose a grab a go breakfast. Go to bed.

The Daily Rhythm

Keep the sequence short enough that children can learn it and adults can repeat it calmly.

Let the routine do some of the remembering

WRITE IN YOUR TIME

MORNING

Wake → dress → eat → hygiene → backpacks → shoes → leave

AFTER SCHOOL

Empty backpacks → snack → regulate → look ahead

EVENING

15-minute pickup → pack → decide food → bedtime

For the first week, prioritize

- Sleep, nutrition food, vitamins, hydration
- Connection before correction—especially after school.
- Build small repeatable rhythms and noticing what works before rebuilding every routine.

FIVE QUIET MINUTES

Friday reflection

What worked without much effort?

What can we repeat, move, remove, or make more visible next week?

A SHORT PRAYER

Lord, give me wisdom for what is mine, grace for what is not, and gentleness for the people in front of me. Guide me, my children and steady our home. Amen.