

30 Day Back-to-School Challenge!

In the crazy days of the back-to-school season, it is easy to feel overwhelmed. It is easy to get lost in your never-ending to-do list. Use our **30 Day Back-to-School Challenge** as a day-by-day reminder to keep you on track, to keep you engaged, and also to keep you enjoying the little moments in your child's life.

1. Print off your back to school checklist.
2. Label your child's lunchbox and backpack with our printable bag tags.
3. Talk with your child about any first-day anxieties using our *Discuss It: Anxiety* printable.
4. Talk with your child about making friends using our *Discuss It: Making Friends* printable.
5. Help your child write down goals for the new school year.
6. Have a back to school feast.
7. Print out our *Back to School Conversation Starters* and ask one today.
8. Take a first-day-of-school photo. Print it and display it.
9. Put a surprise treat in your child's lunch.
10. Write your child a special lunchbox note.
11. Introduce yourself to your child's teacher.
12. Ask your child what they like about their new teacher.
13. Make a treat for your child's teacher, with your child.
14. Kiss your child good-bye in the morning and say, "I love you."
15. Ask your child what they learned today.
16. Sit down and have an after school snack with your child.
17. Prepare a "homework spot" for your child.
18. Pray for your child's success in school.
19. Put your child's after-school activities on your calendar.
20. Ask your child, "What was the best thing about school today?"
21. Tell your child your favorite memory from when you were in school.
22. Ask your child if they have made any new friends.
23. Host a play date for your child.
24. Find your child's school on Facebook and keep updated on school happenings.
25. Sit down and eat breakfast with your child.
24. Before your child gets out of the car say, "It's going to be a great day!"
27. Let your child pick the CD or radio station to listen to in the car on the way to school.
28. Play I Spy... on the way to school.
29. Contact your child's teacher and volunteer.
30. Pray with your child before bed.

