



Get-Ready Checklist

By taking a few proactive steps, parents can make it possible for middle schoolers to have fewer nightmares in the days before school starts. They won't be able to eliminate all of the anxiety, but can increase their children's levels of confidence and comfort—which will in turn prepare them to deal with the unexpected.

- Visit school in the spring before entering.
- Get a copy of class schedule before school starts.
- Map out and walk route between classes.
- Talk to others familiar with the school.
- Focus on positive aspects of the school.
- Negotiate the budget:
 - clothes
 - shoes
 - school supplies
 - other (cell phone, food at school, toiletries)
- Discuss school attire:
 - dress code or uniform rules
 - appropriateness for body shape and size
- Explain importance of good hygiene.
 - Agree on frequency of showering, brushing teeth, using deodorant.
 - Shop together for toiletries.