

BACK-TO-SCHOOL CHECKLIST



Now that many schools are bringing back in-person learning, it may be a good idea to think about what goes into a “normal” school year.

Help set your child up for success by reviewing this checklist.

GRABBING SUPPLIES

- Snacks for stashing in your child’s lunch box or backpack. Check out CF Kitchen on [Everyday-CF.com](https://www.everyday-cf.com) for some tasty on-the-go options
- A fresh set of masks, just in case (and some hand sanitizer, too)
- A drink for easy hydration during gym class or after-school activities
- Pens, pencils, erasers, notebooks, and other class supplies. Your child’s teacher may reach out with a specific list of items

KEEPING TABS ON TREATMENT

- Review your child’s treatment schedule to see how it works with their new school-year routine
- Reach out to the school nurse if there have been any changes to your child’s treatment plan since the last time they were at school
- Talk with the cystic fibrosis (CF) care team about any treatment changes that may arise with in-person learning
- Take a closer look at medicine refills to ensure there’s plenty of time to get them when schedules get busy

NAILING DOWN A NEW ROUTINE

- Write a list of what worked well last school year so you can identify any changes to make
- Try to find time each evening for a moment to reset and recharge
- Plan out what sports, clubs, and other extracurriculars you, your child, and your CF care team are comfortable participating in
- Talk with your child about their school-year goals. Having something to strive for might help your loved one stay on track



Back-to-school doesn’t need to be back-to-stress. While you figure out your child’s new “normal,” take a bit of time to do the same for yourself. A good place to start is by reaching out to caregivers you know.

Get more tips and resources at [EverydayCFCaregivers.com](https://www.everyday-cf.com).