

Seasonal Checklists

What to prep at the start of each season

STILL DAD

Spring

KIDS' NEEDS

- Check clothing sizes: winter stuff likely doesn't fit anymore
- Get new rain jacket or light layers if needed
- Restock sunscreen and bug spray
- Pull out bikes, scooters, outdoor gear: check condition

HOUSEHOLD

- Check smoke and CO detectors (change batteries)
- Clean out the car
- Deep clean kids' rooms
- Open windows, get air moving

SCHOOL / ACTIVITIES

- Sign up for spring sports before registration closes
- Note any end-of-year school events or ceremonies
- Review any academic gaps before end of year
- Schedule annual checkups while you still remember

Summer

KIDS' NEEDS

- Buy swimsuits in current sizes
- Sunscreen, water bottles, flip flops
- Check summer camp enrollment deadlines
- Plan your custody vacation window early

HOUSEHOLD

- Check the AC unit or fans before it's hot
- Make sure the yard or outdoor space is set up for them
- Have frozen treats stocked: they will ask

Fall

KIDS' NEEDS

- Check clothing sizes before school starts: they grow every summer
- Get a new backpack and supplies
- Coat, hat, gloves check: do they still fit?
- Flu shots scheduled for both kids and yourself

HOUSEHOLD

- Check heat or furnace before first cold snap
- Change smoke and CO detector batteries
- Stock cold medicine and first aid basics

SCHOOL / ACTIVITIES

- Introduce yourself to new teachers within the first two weeks
- Sign up for fall sports or activities
- Add parent-teacher conference dates to your calendar immediately
- Get holiday custody schedule confirmed with your co-parent early

Winter

KIDS' NEEDS

- Snow gear (boots, coat, snow pants, gloves): check sizes
- Warm pajamas and layers for cold nights
- Holiday gifts: make your list early, budget first

HOUSEHOLD

- Test heat and make sure it works in every room
- Check for drafts around kids' windows
- Have extra blankets available
- Stock pantry for storm days when you can't leave

SCHOOL / ACTIVITIES

- Confirm school start date and registration requirements
- Buy school supplies before the rush
- Set a loose reading or learning routine so fall isn't a shock
- Take advantage of free summer programs in your area

SCHOOL / ACTIVITIES

- Know holiday break dates and coverage plan
- Confirm custody schedule for all holidays: do it now
- Plan at least one winter activity together
- Watch for winter blues in yourself and in the kids

The goal of seasonal prep is to never be caught scrambling the week before school starts or the first cold day. Do it early and it takes 30 minutes instead of a stressed afternoon.