

# Packing the School Backpack

**TIP #1**

Choose a backpack which fits your child. Adjust the shoulder straps so the bag sits snugly on your child's back, and the bottom of the backpack sits just above their waist.

**TIP #2**

Choose a backpack your child can open and close. Check your child can access the compartments.

**TIP #3**

Have a routine for unpacking and packing your child's backpack. With your child, organise where things belong.

**TIP #4**

Try using a weekly schedule with pictures or photos to remind your child what they need to take to school each day e.g. library bag, swimming gear, items for news.



### Who can help? Where? When?

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### My Tips

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## Disclaimer

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