

AUTUMN RESET CHECKLIST

FOR BUSY PARENTS

No perfect routine required

A realistic one-page reset before winter arrives.

Do what helps. Leave what doesn't.

FAMILY ADMIN & ROUTINES

- ☐ Add school, work and family dates to the calendar
- ☐ Check half term, birthdays and appointments
- ☐ Review clubs, activities and travel plans
- ☐ Return forms and deal with outstanding admin
- ☐ Reset morning and evening routines
- ☐ Plan one weekly family admin check
- ☐ _____
- ☐ _____
- ☐ _____

HOME & SEASONAL JOBS

- ☐ Test the heating before the first cold snap
- ☐ Book a boiler or heating service if needed
- ☐ Check doors and windows for draughts
- ☐ Sort coats, blankets and winter bedding
- ☐ Clear gutters, drains and outdoor clutter
- ☐ Store or cover outdoor furniture
- ☐ _____
- ☐ _____
- ☐ _____

MONEY & Q4 PLANNING

- ☐ Review household and energy bills
- ☐ Note birthdays and seasonal spending
- ☐ Budget for Halloween and Bonfire Night
- ☐ Start a realistic Christmas spending plan
- ☐ Check annual payments due before January
- ☐ List winter clothes or essentials to buy
- ☐ _____
- ☐ _____
- ☐ _____

WELLBEING & FAMILY LIFE

- ☐ Leave some weekends deliberately free
- ☐ Plan easy meals for busy autumn weeks
- ☐ Share household jobs across the family
- ☐ Protect evening downtime where possible
- ☐ Choose one or two autumn things to enjoy
- ☐ Drop commitments nobody actually wants
- ☐ _____
- ☐ _____
- ☐ _____

STILL TO BUY OR SORT

IMPORTANT DATES AND REMINDERS
