



Checklist for Transitioning Your Child Back to School

Three weeks before the big first day:

- Look at a calendar with your child and mark the first day of school
- Take your child to buy supplies

Two weeks before:

- Make or read a social story about going back to school
- Arrange a play date with a school friend or classmate
- Visit the school playground

One week before:

- Schedule an appointment with this year's teacher
- Visit the school playground
- Adjust your child's sleep schedule so it's in sync with a healthy school sleep schedule

One day before:

- Visit your child's classroom(s) including specialty rooms like art, gym and music
- Meet the teacher
- Share an index card of helpful hints about your child with the teacher
For example, what motivates your child, strengths and a few targeted goals
- Visit the cafeteria, office and health clinic
- Play on the playground
- Take photos of your visit to review at home

Ongoing throughout the year:

- Figure out the best communication process that works for you and the school
- Schedule observations of your child during the school day to see how he or she is doing
- Request that teachers send home work samples to see how your child's skills are progressing
- Call for meetings whenever you find there is an issue that needs discussion
- Encourage your child's teacher to keep you informed of any problems that come up and how they are resolved
- Keep a notebook and bring it to all school meetings including the current IEP, psychological and other evaluations, home goals, SLP goals and any notes from your observations
- Bake cookies for the teachers! Make sure you show your appreciation for their hard work and cooperation!