



August means back to school for many children and youth. There are some things that caregivers can do now to make this transition easier for themselves and their child.

Preschool/Elementary

- Start a routine now
- Evening activities to be reduced closer to start of school
- Set a bedtime time earlier than summer schedule and start this about a week before child returns
- Shower times set earlier
- Winddown time to change to back to school hours and could include reading time or other calmer activity.
- Practice morning routine including having an alarm set and providing breakfast at a set time
- Get backpack and other suggested supplies ready. Ask your child's school for a list as these vary.
- Consider touring the school ahead of time
- Caregivers, give yourself time to complete any forms school has sent for completion
- Reach out to teachers and meet them if possible
- Plan for after school activities and/or childcare. Ask does the school/childcare center offer options?
- Bus Transportation- If child is in Elementary School find out schedule and location of pick up/drop off spot
- Consider your child's history/needs and plan accordingly to adjustment struggles

Middle Schoolers

- Start a routine now
- Practice morning routines-consider setting alarm earlier a few days prior.
- Include breakfast time
- Plan now for lunches- pack or purchase options
- Set a firm bedtime and start this a few days prior to school
- Consider limiting/stopping device time prior to bedtime to allow for proper sleep
- Set up a designated homework space
- Reach out now to the school for schedule
- Request map of school if available
- Go over schedule with your child to help them figure out classes and locations of classes
- Tour the school if needed for comfort of child
- Find out locker information and practice combination numbers
- Back to school supplies- ask your school for suggested list
- Set up a time for clothes and supply shopping
- Caregivers, give yourself time to complete any forms school has sent for completion
- Physicals- Check with the school about any required for school and/or sports
- Immunizations- Check with your school nurse to verify what are suggested for your child's age/grade range
- Bus Transportation- find out schedule and location of pick up/drop off spot

High Schoolers/College Bound

- Start a routine now
- Reach out to school for schedule
- Tour the school if needed for youth's comfort
- Plan now for lunches- pack or purchase options
- Practice morning routines-consider setting alarm earlier a few days prior.
- Include breakfast time
- Set a firm bedtime and start this a few days prior to school
- Consider limiting/stopping device time prior to bedtime to allow for proper sleep
- Set up a designated homework space
- Caregivers give yourself time to complete any forms school has sent for completion
- Set up a time for you and your teen to shop for clothes/supplies
- Physicals- Check with the school about any required for school and/or sports
- Immunizations- Check with your school nurse to verify what are suggested for your child's age/grade range
- College bound students- check with school counselor for list of things to consider doing prior to start of school

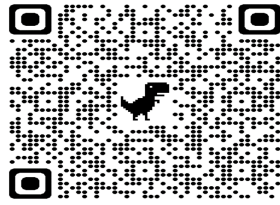
School concerns and/or Special Education Needs

- Start a routine now
- Ask your school for what universal supports they provide. Tier 1 supports should always be considered first.
- Find out student assistance program options
- Develop a collaborative relationship with your school's team
- If concerns continue within the school setting, reach out to your district's Special Education Director. Put in writing any needs/request if asking for a meeting to discuss your concerns.
- If child has an IEP or 504 plan, prior to school send a friendly letter or email to your child's teacher. Update them on any concerns noted over the summer break
- Tour the school to help ease any concerns/ meet with teacher if possible prior to school
- Read the IEP again and place on calendar IEP due dates or meetings scheduled.
- Create a journal or notebook to record all communication
- Read and educate yourself about special education law.
- Pick your battles- consider reaching out to your local Arc chapter for assistance if needed.
- Set the schedule for a new year
- Celebrate another year of school for your child

Reminder: Knowledge is power for some children and youth. Planning ahead with them can ease worries and provide them with tools for a great year!

Resources

- Back to school tips
- Lists of supplies
- What to do if your child has concerns while in school
- Self-care for challenging moments
- Resource links for your child for variety of needs beyond school.
- Links to provide options across the state!



<https://edservtac.padlet.org/bethannmcconnell1/back-to-school-what-do-we-need-to-know-fza86ckl4th667op>