



BACK-TO-SCHOOL

is SPECIAL!

Strategies and Tips for a Smooth Start

Build A Calendar

To ease tension and increase understanding, place icons /pictures on important calendar dates. Use a large desk calendar. Be sure to hang it in a place where your child can see it and refer to it daily. If your child gets stressed by looking too far ahead, just add items weekly.

Facilitate Ownership

Have your child participate in purchasing & organizing school supplies & clothing items. Opt for less-crowded and chaotic stores. Go to Staples or Office Max rather than Walmart or Target. Less chaos means more success for your child.

Encourage Responsibility

Sort items according to function and discuss the use and care of each item. Consider purchasing a box of supplies for at-home use. Have your child write their own name on the supplies if they are able. Let them practice wearing their backpack around the house.

Develop A Growth Mindset

*Make goals for the new school year. Write them down and post them. Talk about what your child can do NOW and what they can't do **YET**. Don't forget as they gain new skills, to remind them that they couldn't do it before, but now they can!*

NOTES: *Ideas/What this looks like for my child.*