

TOP TEN BACK TO SCHOOL TIPS



Going back to school can be difficult for both parents and students. Plan ahead to make the transition as easy as possible.

- 1. Prepare early.** Talk about returning to school as soon as possible. Be enthusiastic and share memories.
- 2. Get into the school routine** before the first day. Help your child get into a regular sleeping pattern.
- 3. Make a list** of all school supplies, clothes, medical information, and vaccinations you'll need before school starts.
- 4. Include your child** in back to school shopping. Let them pick out new clothes and school supplies.
- 5. Gather documentation.** Make a copy of your child's IEP for the teacher and write a brief letter introducing your child.
- 6. Write down all names, phone numbers, and email addresses** of your child's teachers, therapy providers, counselors, the parent coordinator, and anyone else on the IEP team.
- 7. Look for a letter from Office of Pupil Transportation (OPT)** at the end of August. Write down all busing information, including pick-up time, route, bus type and size, and contact information for the bus company
- 8. Learn the school rules.** Is there a dress code? How do you report absences?
- 9. Mark important dates on a calendar**, such as school orientation, parent teacher conferences, testing days, and days off.
- 10. Plan for childcare.** Does the school have an afterschool program? Will you need an alternative drop-off for busing? Who will take care of your child during a sick day or snow day?