

BACK TO SCHOOL TIPS



1. Have a back to school countdown.
2. Set up a school tour before school starts.
3. 2 weeks before school starts begin using a similar routine to their school days routines. Have the same wake up times, breakfast times, snack times, lunch times, and bed times.
4. For older children, have them adjust their bedtimes by a half hour every 2 nights prior to school starting.
5. Set up play dates with their friends from school.
6. Create a Social Story™ about the school day.
7. Make a visual schedule of what time they should be doing their morning routines, when you leave for school and when they will be coming home from school.
8. Have visual picture of a clock with the appropriate times that match your clock at home for their visual schedule.
9. Use wall calendars and schedules to mark important dates.
10. Provide a communication book for school and home to send messages to each other.
11. Talk about Bus Safety.
12. Practice Bus Safety using your local buses.
13. Pack a light backpack for your children to use. A Backpack should be 10 to 20 percent of your child's body weight.
14. Have your child help to pick out their own school supplies and outfits.
15. Set out school supplies and clothing out the night before school starts.
16. Provide teacher with a copy of the "ABC's of Back to School Guide" by Kari Fletcher: <http://www.emkpress.com/theabcsfasd.html>

