Back to School

Teleroo WORLD · kids uncomplicated

GET READY FOR SCHOOL CHECKLIST

- [ ] If your child is going to bed late and getting up late, start to adjust their sleep schedule 2-3 weeks before school begins. Wake your child up 15 minutes earlier each morning and put them to bed 15 minutes earlier than the previous day.

- [ ] If haircuts and other appointments are stressful, try to book them several weeks before school starts.

- [ ] Establish your child's morning and evening routines, make visual schedules and begin to practice them.

- [ ] If your child participates in shopping trips, offer them choices in clothing, school supplies or food for school snacks and lunches.

- [ ] Involve your child in getting ready for school by having them help pack their backpack.

- [ ] If change is hard for your child, let them know that some things won't change (like your love and support).

- [ ] Introduce the changes that will be taking place at school.

- [ ] Try to arrange a school visit before classes begin. Ask the school if they can provide pictures or videos of your child's new teacher and new classroom.

- [ ] Tell the school what upsets your child and how they can help to calm them.

- [ ] Talk about what new safety measures will be in the school for Covid-19.

- [ ] Have your child practice hand washing.

- [ ] Share information with your child's school. Let them know what your child's strengths are.

- [ ] Do a back-to-school social story.

- [ ] Let the school know if your child will have trouble with any of the Covid-19 measures.

- [ ] Your child may not be able to share toys with other children at school. Ask the school if they will 'reserve' some items that are calming and fun to play with for your child.

- [ ] Ask the school if your child can bring their own calming items. Prepare a backpack with sensory items, fidgets and a favorite toy.

- [ ] Prepare a list of questions for the school. Make sure to ask if the required accommodations for your child have been thought of (movement breaks, a calming space).

- [ ] Listen to your children's questions and concerns. Provide them with answers and reassurance.

- [ ] Once you know what the school situation will be, brainstorm and try to predict any potential problems.