

HOT TOPICS

BACK TO SCHOOL TIPS

Presented by Parent Network of WNY - August 2017

***Is your child excited about going back to school?
Are you looking forward to the new school year?***

Back to school time brings many new experiences... a new grade, new teachers, new friends and new goals. If your child has trouble with changes in their routine, difficulty learning new things or making friends, September can be a stressful time for families. ***Parent Network is here to help!***



To help you and your child with special needs be as successful with transitioning back to school, we have put together some helpful tips and resources that can make the transition of a new school year a little easier.

If your child is attending a new school this year it may be helpful to schedule a visit to walk through the new building and speak with the teacher before the first day.

Take a few minutes to review your child's Individualized Education Program (IEP) or 504 Plan yourself and then explain the services and their accommodations your child. Describe to them what their day will look like, remind them of their goals and help them understand how the goals will help them reach their dreams for the future. This will help them know what to expect when school begins.

A great advocacy tip is to keep track of all communication throughout the school year. Have a list of important phone calls, e-mails, notes that come home, discussion at meetings and parent conferences. Creating a "communication log" with dates, times, and a description of the topic in a notebook that is easily accessible is a great way to have information at their finger-tips when needed.

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Having and keeping a routine can be very helpful for both you and your child. It is often suggested that families begin practicing the new schedule a few days before the first day of school. This helps limit the number of adjustments on those first few days.

As the new school year begins keep in mind that Parent Network is here to support you and to provide you the information you need to help your child succeed in school. Check out our newly designed website which is full of informational resources to help you in your journey. <https://parentnetworkwny.org/>



Tips & Resources from Understood for Learning and Attention Issues

Back-to-School 2017:
First-Day Ready

<https://tinyurl.com/y88k8obx>

Experts Weigh In:

“How Can I Get My Young Child Less Anxious About Starting School?”

<https://tinyurl.com/yd6msmlv>

Printable Back-to-School Downloads

<https://tinyurl.com/ybkz7vow>

Going to back to school events such as open houses and parent-teacher meetings can be very helpful. When talking to your child's teacher, be sure to share the things your child does well. Also, talk about their challenges and what helps them be successful. Talk about your child's Individualized Education Program (IEP) goals and share with the teacher your thoughts about why they were chosen and important.

