



BACK-TO-SCHOOL TRANSITION Checklist

#1

Use a **monthly calendar** to help your child understand when the school year starts. See page 2.

#2

Use a **change alert** to show your child the change in school staff for the new school year. See page 3.

#3

Request a **meet and greet** with your child's new teacher(s) and related service providers.

#4

Ask your child's teacher if they can bring a **transition item** on the first day of school.

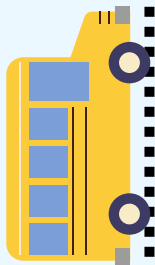
#5

Use an **All About Me** for your child to introduce themselves to their new teacher. See page 4.

#6

Try to **relax!** Children notice when their parents are anxious, which can influence the child's own feelings about the situation.

Show your kids how to be strong by controlling your anxieties. This will help your child stay calm for the all-important first day and throughout the school year.



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Calendars

Use a blank **monthly calendar** to prepare your child for the beginning of the school year. This calendar is a great tool to show the change in schedule and help the child anticipate those changes ahead of time.

Cross off the days on the calendar each evening and talk about what to expect the next day.

Here's an example:





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Change Alert

A **Change Alert** visual can be used to reflect any changes in the daily schedule or individual routine. This is a priming strategy that will help the individual learn how to be flexible and accept change.

To show your child the change in school staff for the upcoming school year, visit the school's website to access staff pictures. Be sure to review this support with your child before the first day of school. Being prepared helps soothe anxiety!

Here's an example:





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All About Me

An **All About Me** worksheet is a great way to share personal information about the individual. It helps the student introduce themselves to the teacher and share what makes them special and unique.

The student can individually fill in each section of the worksheet, or the parents can complete the worksheet from their child's perspective.

Here's an example:





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Download our *Back-to-School* Resources



Visit our website to download the back-to-school resources for free! Check out the article here here: www.hdc.lsuhsu.edu/News1/back_to_school_checklist_2024.aspx

About LASARD

The LASARD team is made up of experienced educators that mentor and support hundreds of educators across Louisiana to meet the unique needs of their diverse learners by implementing specialized supports. LASARD's trainings are paired with with in-person, job-embedded coaching to ensure the use of evidence-based practices.

LASARD is a project of the Human Development Center (HDC) at LSU Health New Orleans. HDC is Louisiana's University Center of Excellence in Developmental Disabilities. HDC and its programs build the capacity of professionals, service providers, and families to ensure that people with disabilities are able to participate fully in all aspects of community life.



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