



# 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.

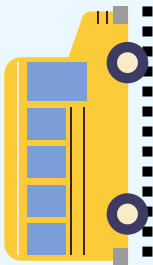
#5

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.





# BACK-TO-SCHOOL TRANSITION Checklist

## 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:

**AUGUST 2023**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Summer Camp	2 Summer Camp	3 Summer Camp	4 Summer Camp	5 X	6 X
7 School Starts!	8	9 Meet and Greet Night	10	11	12 X	13 X
14	15	16	17	18	19 X	20 X
21	22	23	24 Check out! Dentist Appointment at 3:30pm	25	26 X	27 X
28	29	30	31			

**Important Info:**

- School starts on Monday, August 7<sup>th</sup>!
- Meet new teacher, Ms. Brown, on Wed. August 2<sup>nd</sup> at 4:00pm.

**X = NO SCHOOL**



# BACK-TO-SCHOOL TRANSITION Checklist

## 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:

The visual is a rectangular card with a black border. At the top center, the title "Change Alert" is written in a bold, black, sans-serif font. On either side of the title are circular icons containing two arrows pointing in opposite directions. Below the title, the card is divided into two columns. The left column is headed "Instead of:" and features a red-bordered rounded rectangle containing a photo of Ms. Wilkins, a woman with dark hair wearing a pink top. Above her photo, the text reads "Ms. Wilkins (1<sup>st</sup> Grade Teacher)". The right column is headed "I will:" and features a teal-bordered rounded rectangle containing a photo of Ms. Smith, a woman with curly hair and glasses wearing a white shirt. Above her photo, the text reads "Have Ms. Smith (2<sup>nd</sup> Grade Teacher)".



# BACK-TO-SCHOOL TRANSITION Checklist

## 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:

