

My Top 3 Back-to-School Tips

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Write a student introduction letter for the teachers.

- Start with something positive. Name your child's interests and strengths.
- Describe your child's challenges and explain how you manage those challenges at home.
- If your child has triggers (socioemotional, sensory, behavioral, etc.), describe how the teacher can identify and anticipate them.
- End with something positive!

** Email meredithdangel@gmail.com if you'd like to see a sample.

** Ellen Stumbo created this resume-style template:

<https://themighty.com/wp-content/uploads/2019/07/The-Mightys-Student-Profile-for-Teachers-2.pdf>

Ask the right questions. Keep in mind, these questions provide pathways to open dialogue and should always be asked with a positive attitude that assumes the teacher's best intentions for her students!

- What are your basic classroom expectations?
- How do you handle unwanted behavior problems?
- How do you feel about movement and non-traditional seating?
- How do you approach ____ in the classroom? (Fill in the blank with any diagnosis or learning difference your child has.)
- What is the best way to stay in touch?

Prepare your child. You should not feel obligated to complete this list. These suggestions cover a wide range of student needs. Additionally, if you're not sure how much social/emotional preparing is too much, ask your child how he/she feels about starting school. The answers will be your cue for what your child needs.

- Tour the school when it is empty.
- Play on the playground.
- Find the spot your child will enter the building in the morning, wait for you or the bus in the afternoon, etc.
- Request to see the classroom and meet the teacher before meet-the-teacher night.
- If your child packs a lunch, ask if they would like lunchbox notes from you. (We parents often assume they do, but some children find them stressful.)
- Discuss calming strategies.
- Review how to ask a teacher for help.
- Read back-to-school books.
- Talk about how to make friends.
- Use social stories.

- Talk about the school morning routine. Make a checklist if necessary.
- Prepare a backpack station and list of what to pack. Practice.
- If you don't have a summer bedtime routine, begin one now!