

Back To School

Prepare for the First Day

Talk about the first day, what to expect, and outline what the schedule will look like. Doing this repeatedly will help ensure success!

Practice

Practice your morning routine and evening routine. Outline a visual schedule if needed.

Visit the School

Schedule a time with teachers to come in and walk through the school, visit different classrooms and become comfortable with the school environment.

Coordinate Your Teacher

Connect your child's teacher and ABA team if possible! Update the teacher on any behavior intervention plans or tips and tricks that help your child!

Relax!

The beginning of the school year can be stressful for both you and your child. Try not to overwhelm yourself with the beginning of school and instead make it a calm transition.