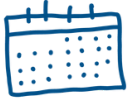


Back To School Checklist



A simple week-by-week plan to help your child feel prepared, supported and confident.



4 WEEKS BEFORE

Start the transition

- ☐ Shift sleep and wake times by 15 minutes every few days
- ☐ Request the IEP or 504 meeting in writing
- ☐ Ask what is changing: teacher, classroom, bus, aide, lunch period
- ☐ Confirm transportation and bus route
- ☐ Update medication, allergy, and health forms with the school nurse
- ☐ Open House noted



2 WEEKS BEFORE

Practice the routine

- ☐ Tour the building, focusing on the cafeteria, bathrooms, and gym
- ☐ Follow up on the IEP or 504 meeting
- ☐ Ask when the first fire drill is scheduled
- ☐ Practice opening everything in the lunchbox without help
- ☐ Pack a low-tech backup communication board
- ☐ Break in new shoes, backpack, and clothes



THE WEEK BEFORE

Pack and prepare

- ☐ Fill out the one-page profile for your child's teacher
- ☐ Choose the goodbye words and practice drop-off and pick-up
- ☐ Pack the calm kit: headphones, fidget, sunglasses
- ☐ Label supplies and practice packing the backpack
- ☐ Agree with the teacher on how you will communicate
- ☐ Confirm emergency contacts and pickup authorizations



FIRST TWO WEEKS

Protect and observe

- ☐ Keep afternoons low-demand
- ☐ Protect the first hour after pickup
- ☐ Email the teacher on day 3
- ☐ Email the teacher on day 10
- ☐ Tell your clinical team what you are seeing at home
- ☐ Note any changes in sleep, eating, or toileting
- ☐ Check-In with your child on their mental health



Our Morning Snapshot

Write or draw the order that works for your family.



Wake up



Get dressed



Breakfast



Backpack



School



Small steps lead to big successes!

You've got this, and we're here to help.

Scan for more back-to-school resources and practical tips for your family.



ABS
Kids