



# Preparing Your Child with Disabilities for the New School Year Checklist

## Individualized Education Plan (IEP) Review:

Go through the current IEP to make sure it reflects your child's current needs. Make any needed updates in collaboration with your child's education team.

## Visit the School

- Schedule a tour of the school and the classroom.
- Introduce your child to their new teacher and any support staff. Bring an updated "All About Me" page to share with them.
- Familiarize your child with key locations: restroom, cafeteria, and classrooms.

## Skills Practice

Review Academic skills to help your child feel more prepared.

Practice self-help skills such as asking for help, opening lunch boxes, tying shoes, or using a locker.

## Stay Informed

Join the school's parent-teacher association (PTA) or a special education parent group to connect with other parents. Attend school orientations, information sessions and parent-teacher conferences.

## Establish a Routine

- Prepare a consistent bedtime & morning routine a few weeks before school.
- Create a visual schedule if it helps your child know and follow routines.

## Medical Preparations

- Share any necessary medical information with the school.
- Update emergency contact information.
- Stock up on any medications and provide them to the school with clear administration instructions.

## Social Emotional Preparation

- Discuss any worries or concerns your child might have.
- Read books or watch videos about starting school or going to a new grade.
- Practice relaxation techniques & coping strategies for stressful moments.

## Organize School Supplies

- Purchase any necessary supplies or adaptive equipment.
- Label everything with your child's name.
- Consider if your child needs sensory friendly items.

## Communication Book

Create a communication book or folder that goes back and forth between home and school. This will help maintain clear communication about your child's day, any homework, and other important information. You can also have a Home/School Communication Log added to your child's IEP under Accommodations.

## Stay Positive & Celebrate!

- Talk about the exciting aspects of the new school year.
- Celebrate the first day of school with a special ritual or treat.
- Stay positive, as children often reflect their parent's attitudes.

Remember, every child is unique! Adapt this checklist to best fit your child's needs and the resources available in your community. Your involvement and advocacy play an important role in your child's educational journey.

Reach out to CODSN for support  
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