

Back-to-School Checklist for Children with Autism/ADHD

autismadhdconnection.com



Back-to-School Checklist

Going back to school means purchasing school supplies and clothes, finding out who your child's teacher(s) will be, understanding your child's schedule if they are in middle or high school, and more. If your child has autism and ADHD, then going back to school has some additional steps.

- Review your child's individualized education plan (IEP) or 504 plan. Make sure you refresh on what goals and accommodations will be in place for your child this year.
- Reach out to your child's teacher(s) for this year by sending an introduction email. This is a great way for your child's teacher to get to know your child. Let the teacher know helpful information about your child such as their likes and dislikes with schools, behavior challenges they may expect and the best ways to handle them, highlights from the IEP that you think are the most important, and your contact information. Also, be sure to let them know you look forward to partnering with them for the coming year to help your child be a success in school.
- If your child has any special medical needs, send an email to the school nurse and provide the information they will need. Be sure to ask for any forms that will need to be completed, especially if they require a doctor's signature. Most of this can be done via email and fax.
- Schedule a walkthrough of your child's classroom(s) early. If your school and/or teachers allow it, plan to take your child to the school to see their classroom(s) during a time when few people are in the building. If your child is in elementary school, try to schedule it so they can meet their teacher. With middle or high school, that can be a little more difficult, however, you may be able to meet your child's resource teacher. It is still important for them to be able to walk their schedule and find their new classrooms.
- Find out what bus your child will be riding this year (unless they are a car rider or walker/biker). If it's the same bus as before, that makes it easier. If it's a new bus, they will need to know where the bus stop is and memorize the bus number. As a back-up, write the bus number on an index card and place it in their backpack.
- Introduce yourself to your child's teacher(s) on Parent Night, so you both can put a face with a name. It's easy to get lost in the sea of parents, but it's important to make that personal connection if you haven't yet met the teacher(s) in person. Be sure to stop by and introduce yourself to your child's speech therapist or other Special Education Services teachers that your child may have.

Following the items on this checklist can set your child up for a successful school year!