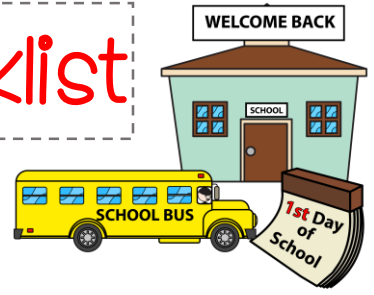


Starting School Checklist



Visual Countdown Calendar (Using Images to indicate School/No School Days)

Social Stories

(Starting School – School Day- Lunch/Break – Bus To/From School- Home Time)

Morning Schedule (A checklist of each step to carry out before going to school)

Evening Schedule (A daily schedule of expected routine after school which will include chill out time after school)

Visit the School (Before School starts in September, take frequent short visits to the school. Take photos for your social stories)

School Clothes/Uniform (Practice wearing school clothes & shoes well in advance of September. Look out for Sensory Triggers ex. waist bands, tags, collars on shirts)

Lunch Bags/Boxes (Practice using the Lunch Bag/Box well in advance & make it fun ex- having picnics)

Transitioning To School Booklet (Create a detailed Booklet for your child's Teacher so they know "All about Me". You will write this from the child's perspective in the 1st person.)

My Holidays (Create a Visual Booklet including pictures of your child during the holidays so your child & teacher have a talking point on the start/return to school)

Family Photos (It can be helpful for the new Teacher to have labelled pictures of family members. The Teacher may like to display them on a family wall in the classroom.)

Starting School Checklist



Communication Journal (Communicate daily with your child's Teacher about how his/her evening/night/weekend has been. The Teacher will communicate how your child's day at school has been.)

Read Story Books about School (There are so many excellent story books about starting school or making friends. Read these with your child in the run up to starting/returning to school)

Bus Journey (if you know the bus journey your child will take to school, bring him/her on the route well in advance of school starting.)

Settling In

Take a deep breath! If you have completed this Checklist then you are a Super Mom or Dad! You have helped your child prepare as much as you can.

Realise there will be a settling in period- a period of adjustment.

Eventually your child will settle in.

Have open communication with your child's Teacher and reassure your child as much as you can.



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