

# BRAIN-BASED BACK TO SCHOOL TIPS

- Visit the classroom before school starts. Make sure that's what it will look like on the first day. BONUS! Take pictures!
  - Meet with the teacher and take a moment to interact with them. BONUS! Take pictures!
  - Drive the route to school together, also possible variations, and do so until the drive is very familiar and maybe even fun.
  - Create a dedicated space in the home for online learning well in advance of the first class.
  - Give your child some control in the creation of your at-home learning space.
  - Don't wait until the last minute to shop for supplies or clothes.
  - Visit the lunch area or get pictures if possible to help your child prepare for that part of the day.
  - Discuss rules and role play taking the school bus and carpooling.
  - Give extra attention to proper nutrition, especially during the first week – minimize sugary treats and inflammatory foods.
  - Layout clothes for the whole first week. At the very least, each NIGHT before bed!
  - Create a learning space at home. Make sure this space meets the needs of your learner.
  - Build in regular movement breaks if your child is highly mobile or a wiggler.
  - Use photos and drawings to help your child visually prepare for the different activities throughout the school day.
  - Make their schedule as clear and predictable as possible.
  - Behaviors are windows into your child's brain! Observe them closely and watch for unusual and ongoing behaviors that could be a sign of serious stress.
  - Remember: CONNECTION before CORRECTION
  - Create a predictable after-school plan something they can count on and look forward to when they get home.
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