



10 tips for going **BACK TO SCHOOL**

Going back to school can be stressful and challenging for families, and this is especially true for families with children with special health care needs.

These 10 tips may help ease the transition:

- 1. Review your child's IEP.**
- 2. Ideally, you should set up a tour** of the new classroom and met the teacher before the first day of school. This will help relieve back-to-school jitters.
- 3. Buy the classroom teacher a giant bottle of antibacterial gel**, and request that it be kept by the door where students can use it every time they go in and out of the room. Ask that your child's teacher and school nurse let you know if there is a known contagious illness in the classroom. Some children with special health care needs are more susceptible to infection.
- 4. Educate the teachers and therapists** about your child's special health care needs. Provide them with the information they need about your child. Bookmark and use Family Voices of Alabama's website resource menu to download the Care Notebook, tip sheets, and more.
- 5. Remember it is important to start back-to-school routines early. Establish routines** for bedtime, morning time and after school.
- 6. Help your children get organized.** Find school supplies that work for them.
- 7. Find a backpack** that works for each child, maybe one on wheels.
- 8. Remember to advocate for your child** – you know them better than anyone. Share your knowledge and volunteer at the school.
- 9. Give your child's teachers and nurses a small card with all of your contact information**, reminding them that you are only a phone call away if they have ANY questions or concerns during the day.
- 10. Invite your child's teachers and therapists to visit websites** to learn about your child's special healthcare needs. (Better yet, give them the website for Family Voices of Alabama: www.familyvoicesal.org)



This information is provided by Family Voices of Alabama and the Family-to-Family Health Information Center.

To learn more: www.familyvoicesal.org • 877-771-FVOA (3862)