



TOP TEN Back-to-school TIPS for Children with Special Healthcare Needs

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 healthcare needs are more susceptible to infection.
4. Educate the teachers and therapists about your child's special healthcare needs. Provide them with the information they need about your child. Bookmark and use **Family Voices of Alabama's website resource menu** to download 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)