



# Preparing for the next school year during the Summer

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As a parent myself, I never have time to fit it all in. And, I never was good about utilizing the time in the summer well. So, I thought I'd put together some practical suggestions for families:

## 1. Review Individualized Education Plans (IEP) or 504 Plans:

- **Update Goals:** Ensure that the goals are still relevant and achievable.
- **Gather Documentation:** Collect any medical or psychological evaluations needed for the IEP meeting.
- **Schedule a Meeting:** Plan a meeting with the school to discuss any necessary changes or updates to the plan.

## 2. Build Routines:

- **Consistent Schedule:** Establish a consistent daily routine to help ease the transition back to school.
- **Practice School Activities:** Include activities such as reading, writing, and using school supplies to keep skills sharp.

## 3. Communication Skills:

- **Practice Social Skills:** Arrange playdates or social activities to help improve interaction with peers.
- **Role-Playing:** Role-play various school scenarios to prepare your child for different social and academic situations.

## 4. Health and Wellness:

- **Medical Appointments:** Schedule any necessary medical appointments, including vision and hearing tests.
- **Medication Management:** Review and manage any medication needs with healthcare providers.

## 5. School Supplies and Technology:

- **Assistive Technology:** Ensure all assistive devices are working and up-to-date.
- **Organize Supplies:** Purchase and organize school supplies early to avoid last-minute stress.

## 6. Skill Development:

- **Academic Skills:** Use educational games and activities to maintain and build academic skills.
- **Life Skills:** Focus on life skills such as dressing, using the bathroom independently, and managing time.

## 7. Visit the School:

- **School Tour:** If possible, visit the school, especially if it's a new environment for your child.

- **Meet Teachers:** Arrange to meet teachers and staff to establish a relationship before the school year starts.

## 8. Support Networks:

- **Join Groups:** Connect with support groups or networks for parents of children with disabilities.
- **Workshops and Seminars:** Attend workshops or seminars that provide strategies and resources for supporting your child's education.

## 9. Emotional Preparation:

- **Discuss Feelings:** Talk about the upcoming school year, addressing any fears or anxieties your child may have.
- **Positive Reinforcement:** Use positive reinforcement to build confidence and excitement about school.

## 10. Review Progress:

- **Assess Progress:** Take time to review your child's progress over the past year and set realistic goals for the upcoming year.
- **Celebrate Achievements:** Celebrate the accomplishments and milestones reached, no matter how small.