

BACK TO

SCHOOL

CHECK LIST

- ☐ Visit the school with my child before the first day
- ☐ Meet the teacher and support staff
- ☐ Create a simple visual schedule for school routines
- ☐ Pack sensory or comfort items (headphones, fidget toy, etc.)
- ☐ Adjust sleep and wake-up times to match school schedule
- ☐ Practice the morning routine together
- ☐ Share my child's needs/preferences with the teacher
- ☐ Set up a way to communicate daily with the teacher
- ☐ Choose comfortable, sensory-friendly clothes
- ☐ Identify possible sensory challenges at school
- ☐ Prepare social stories about the first day
- ☐ Plan ways to celebrate small successes
- ☐ Organize and label school supplies
- ☐ Provide emergency info to the school
- ☐ Check in with my child after school each day
- ☐ Emergency Contact List

