AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Be Organized	2 Keep up with Special Education News	3 Create a Communication Log	4 Review and Know Your Child's IEP	5 Adaptive Materials Needed to Succeed	6 Well -Child Check Up	7 Create a Short Info Sheet Bbout Your Child
8 Get Your Child on a School Schedule	9 Provide Your Child with Good Eating Habits	10 Establish a Communication Checklist	11 Set up a Study Time Schedule	12 Take a Tour	13 Take Pictures of Your Child's School	14 Create a Social Story
15 Relieve Anxieties by Talking About New Classes	16 Read Books About Starting School	17 Make a transportation Plan	18 Familirize Students with Lunch Plans	19 Be Positive	20 Stay Involved With Your Child's School Events	21 Have a Count Down to the 1st Day of School
22 Collect Information About Extracurricular Events	23 Don't Get New Outfits Right Away	24 Create a Calendar with Important Dates that are Related to School	25 Highlight Your Child's Strengths to Help with Their Self-Esteem	26 See if the Teacher Can Partner Your Child with a Buddy	27 Communicate with Your Child's Teacher(s) and Therapist(s) on a Regular Basis	28 Remind Your Child to Advocate for Themselves
29 Don't Forget to Ask for Help	30 Download our IEP Go Bag	31 Connect with us!				

The Arc of New Jersey Family Institute

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31 HELPFUL BACK TO SCHOOL TIPS FOR PARENTS OF CHILDREN WITH INTELLECTUAL AND DEVELOPMENTAL DISABILTIIES

Are you getting your child ready for the new school year? These tips will help prepare you and your child for an easy transition back to school.

