THRIVE EMERGE

School Readiness & Needs Assessment

Instructions: Use this assessment to reflect on your child's current functioning and identify areas that need support before school begins. Review your answers and match them to strategies in the **Back-to-School Transition Worksheet**.

Section 1: Academic & Learning

- What specific challenges does my child have with learning (reading, writing, math, focus, completing assignments)?
- How do these challenges impact their confidence and independence?
- What supports have worked in the past (extra time, teacher check-ins, assistive technology)?

Section 2: Social & Communication

- How does my child interact with peers? Do they struggle with making or keeping friends?
- What communication challenges exist (understanding social cues, expressing needs, group work)?
- What helps them feel connected socially (shared interests, structured activities, smaller groups)?

Section 3: Emotional & Behavioral

- What are my child's current emotional challenges (anxiety, frustration, low motivation, mood swings)?
- What tends to trigger meltdowns, shutdowns, or stress?
- What calming strategies or coping tools work best?

Section 4: Executive Function

- How does my child manage organization, planning, and time?
- Can they start and finish tasks independently?
- What tools (checklists, timers, reminders, parent check-ins) help most?

Section 5: Daily Routines & Independence

- Is my child able to manage sleep, hygiene, and meals on a schedule?
- What morning or evening routines are the hardest?
- How independent is my child in packing up, remembering homework, or managing supplies?

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Section 6: Parent Reflections

- My biggest concerns for the coming year are:
- My child's greatest strengths are:
- The top 3 supports my child needs this year are:

Parent Action: Review your answers. Highlight the **most urgent areas of support** (academic, social, emotional, executive function, routines). Then return to the **Back-to-School Transition Worksheet** and choose specific strategies to build into your prep plan.