

Easing the Transition from Home to School

- At Home:
- Plan Ahead
 - Give Choices
 - Manage your and your child's anxiety
 - Ease back into school schedule
 - Use pictures of school/classroom to familiarize child with new setting

Parents:

Complete an "About Me" Profile- that explains your child's likes/ dislikes, interests, strengths/ needs, triggers, rewards. Include parent contact information and a picture of your child.

At School:

- 5 minute warnings
- Daily Schedule Posted
- Warning if schedule is going to be changed
- Break transition into small steps
- Use pictures to create story before event
- Give choices

Parent Technical Assistance Center

Located at the Southern Tier Independence Center

135 E. Frederick St. Binghamton, NY 13904

Ph: 607-724-2111

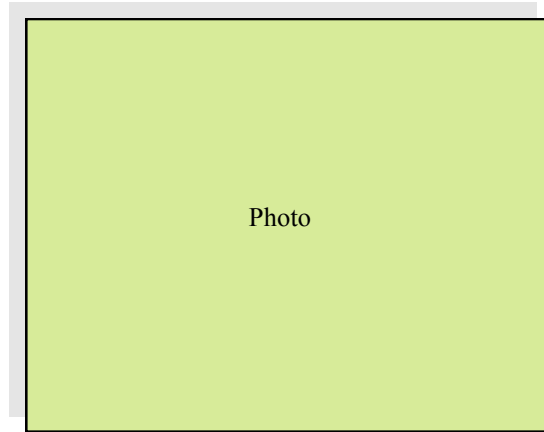
Web: www.ptac-stic.com

 Southern Tier PTAC





All About _____



Interests- _____

Strengths- _____

Needs- _____

Triggers (what upsets me)- _____

Calming techniques I like- _____

What scares me- _____

What makes me laugh- _____

I want you to know- _____

My family- _____

Parent name(s)- _____

Email address and phone number- _____

Best time to contact parent- _____

