



Pediatric Occupational and Physical Therapy
154 S. Livingston Avenue · Suite 204 · Livingston · NJ 07039 · (973) 535-5010 ·
www.pediatricpotentialsnj.com



10 Things To Do Before School

1. Review your child's IEP or 504 Plan
2. Scout the School- arrange for a walk through with your child to locate classroom, lunchroom, gym, bathrooms and nurse's office.
3. Organize School Systems TOGETHER- color code folders, label items, locker organizers, etc.
4. Create a Home Staging Area- area near the door to house backpacks, lunchbags, sneakers, sports equipment.
5. Stock up on School Supplies.
6. Plan your Child's after-school Activities to ensure you are not overprogramming them.
7. Schedule therapies, tutors, homework helpers.
8. Make a Calendar with your Child
9. Review your Child's Medication
10. Set Learning Goals TOGETHER.