



Back to SCHOOL



## BACK TO SCHOOL TIPS:

**OT Deirdre Twomey** offers these great suggestions to help your child get ready for a successful start to the school year:

- \* Take your child to school before it begins to meet the teacher and see the room. That may relieve some anxiety of what to expect.
- \* Have a basket or bin next to the door you enter or exit from your home in which your child can place their backpack. That way the backpack has its own designated place and hopefully won't get lost. You may want to have a list of what to include in the backpack by the basket, as this can help alleviate "forgetting" items.
- \* Use color coded folders for each subject, work to be done, and finished work.
- \* Pick out clothes the night before. This saves time in the morning.
- \* Pack up the backpack the night before, too.
- \* Have a specific space and time for homework. This helps define expectations.

**Director Laurie Kalb** adds:

\*Start bedtime/wake up changes several days before school starts. Try to structure the last 3-4 days before school begins with more routines in the morning for the kids and parents, and earlier to bed by about 15 minutes each day so it isn't so dramatic the night before school starts!

\*Homework space should have good light, and a seat where the child can touch the ground well. Crunchy snacks and even gum (yes, gum) can help your child stay focused and alert.

\*And the **best tip** of late: **Velcro** them to their seat! We've found a great way to do that figuratively: put velcro strips on the underside of the work table or desk. Children who fidget love being able to rub and pick at their silent fidget! Very calming and organizing. Velcro has found it's new home!

