



For many of our clients or their family members, August is “Back to School” time. Here are some tips to help make that transition as smooth as possible:

- A few weeks before school starts, begin shifting bedtime to the school year routine; this helps children get used to morning routines again.
- Practice morning routine- using visual supports as needed- checklists or picture schedules.
- Practice wearing new clothes and shoes
- Practice opening lunch boxes and packages/containers or practice asking how to ask for help. Set timers to help children practice eating in the amount of time allowed at school.
- Practice homework routines before school starts- set aside a time and place for quiet activities (like future homework)- use supports as needed- timers, reinforcers for completing work/activity.
- If possible, request a visit to school before it officially reopens. If this is not possible, then looking at photos of the building/yard area on the school’s website may be helpful.
- To help your child adjust to new people or new surroundings when transitioning to a different school, find pictures of the new setting, make a story about it. Read the story frequently prior to school starting.
- Contact the school and try to meet your child’s teacher prior to the start of school. Remember to take his or her photo and add it to your social story.
- Write a letter outlining your child’s strengths, weaknesses, possible sensory issues, dietary restrictions, and favorite reinforcers and share with your child’s teachers, administration, and other service providers. If possible, have your child help you create this document, as it will be invaluable input for school staff. Be sure to include a few things that are fun and unique about your child. It is very helpful for teachers to have a “snapshot” of your child prior to instructing him or her. Don’t hesitate to brag as well!
- If appropriate, make certain a behavior plan is in place on day one. If your child has a plan that’s been working for him or her, ask that it be shared with his or her new teacher and implemented immediately at the start of the year. *Paula White, BCBA, LBA*

For support and assistance with creating visual supports, checklists, etc., contact your Parent Collaboration Team member: myself, Mary Johnson, Janice Huber, Carmen Broussard, or your child’s BCBA.

## THIS MONTH’S FAMILY MEETINGS

**Houma 8/23** Group Meeting 8:30am in person

**Thibodaux 8/22** Group Meeting 8:30 in person

**New Orleans 8/19** Group Meeting 10:30am in-person. 900 Camp St, 3<sup>rd</sup> Floor, NO, LA 70130

**Baton Rouge Pre-K 8/4** Water Play – details to follow

**Baton Rouge SLA 8/22** Group Meeting 8:30 in person

**Lafayette 8/8** Group Meeting 1:30 in person

**Hammond 8/24** Group Meeting 8:30 in person

**Houma/Thib/NOLA** Online 8/24 12:00 and 6:00

**Touchstone at Bridges 8/2** Donuts with Grownups 8-9:30 RSVP to Angie [alanoux@tc-aba.com](mailto:alanoux@tc-aba.com)

**Dr. Carmen Broussard Online Series for all families:**

**8/3 9:00 Safety First!**

**8/10 12:00 Addressing Hygiene and Puberty**

**Dr. Broussard’s sessions are held online via TEAMS, contact Angie at [alanoux@tc-aba.com](mailto:alanoux@tc-aba.com) to register**

Group sessions are open to any Touchstone parent or other legal guardian. Other caregivers may attend *with* parents/guardians. Individual sessions can be conducted at the centers, in the home, or in the community, and address your child’s specific needs.

**Join Us! If you are unable to attend the monthly meetings, please contact Angie Lanoux at: [alanoux@tc-aba.com](mailto:alanoux@tc-aba.com) to set up individual meetings.**



**Parent Collaboration Support:**

Houma/Thibodaux/NOLA- Paula White at [pgwhite@tc-aba.com](mailto:pgwhite@tc-aba.com)

Baton Rouge/Lafayette/Hammond- Mary Johnson at [mjohnson@tc-aba.com](mailto:mjohnson@tc-aba.com)

Janice Huber at [jhuber@tc-aba.com](mailto:jhuber@tc-aba.com)

Carmen Broussard at [cbroussard@tc-aba.com](mailto:cbroussard@tc-aba.com)