



CHADD OF UTAH

BE PREPARED FOR THE NEW SCHOOL YEAR - SOME HELPFUL HINTS -



★INTRODUCE YOURSELF TO THE TEACHER/S (Parent and Student)

- Arrange for an appointment convenient to both you and the teacher.
- Discuss needs, strengths and weaknesses of student. Hopefully, they will be familiar with AD/HD. If not, share information packet with them.
- Develop an atmosphere of cooperation
- Discuss what the best methods of communication will be:
 - ★Develop a homenote if needed (may be used in conjunction with a day planner)
 - Self-addressed, stamped envelopes
 - Exchange phone, E-mail, and/or fax numbers
- Discuss preferred seating, up front, next to good role models is best
- **TACTFULLY** share information such as:
 - Upcoming conferences, you may consider paying the teacher's registration
 - CHADD's Educating the Educator AD/HD inservice presentation available to all schools for no charge
 - Granite School District's AD/HD inservice to teachers (they may receive credit)
 - Jordan School District offers a class for teachers
 - Davis School District's CLASS ACT/504 Department inservice for teachers
 - Invite them to CHADD meetings, share flyers and brochures
 - Let them know about CHADD's lending library for parents and teachers. Pay for their membership!
 - Share our suggested book list, or purchase a book for them.
 - Share any of the resources from our resource table.

ORGANIZE ALL SCHOOL RECORDS

Develop an **ORGANIZATION SYSTEM** with your student **&TEACH YOUR CHILD HOW TO USE IT!**

Buy a day planner or organizer for your child. Include:

1. A calendar to record daily and long-range assignments (This could be a dated homenote)
Student could also record school activities on this.
3. Pockets in front for work to go home and in back for work to return to school and turn in
4. Supplies in a zippered bag such as pencils, pens, colored markers, crayons, ruler, three hole punch, post-it notes, paper clips, protractor, calculator
5. Times table chart and/or calculator (Make sure this is allowed in class), or other quick reference tables
6. Phone numbers of study buddies
7. Map of school, if needed

OBTAIN AN EXTRA SET OF BOOKS if possible

An extra set of books for home is very helpful. Consider purchasing or asking school if they would provide books.

REVIEW and UPDATE 504 PLAN AND/OR INDIVIDUALIZED EDUCATION PLAN (IEP)

Refer to Section 504 and accommodation handout for suggestions

Make sure all participants have copy for better follow-through. This should be reviewed during the school year also.

MEDICATION

Make any needed medication changes now, check your supply, and discuss with school who will be responsible for administering medication, PER DOCTOR'S ORDERS. NOTE: It is the school's responsibility to see that your child gets his/her medication ON TIME-AS PRESCRIBED, not your child's. To help your child share the responsibility, discuss with him/her the value and importance of his/her medication. A beeper watch can be set to let him/her know it is time to get medication.

FAMILIARIZE YOUR CHILD WITH THE SCHOOL

Introducing your child to their teacher/s and familiarizing him/her with the school prior to the first day helps reduce anxiety and over-stimulation.

For secondary students, find student's classes and locker. Practice opening locker. Walk his/her daily scheduled route.

ESTABLISH A STUDY/HOMEWORK ROUTINE

Select a study area that is free of distractions, well lit and well equipped with supplies.

Determine a designated time period for study each night. Consider starting this routine a week or two before school starts by having your student read or engage in some educational activity during this time.

A reward/motivational plan may be considered (Mystery Motivator). Older students may progress to rewarding themselves (e.g., *I'll go get a Coke when I finish this chapter.*)

CONSIDER A TUTOR (His/Her teacher may tutor privately.)