



# Down Syndrome Association of Greater St. Louis

benefiting the lives of people with Down syndrome and their families through individual and family support, education, public awareness and advocacy

## Sharing Our Strategies: Back to School Edition

Summer is winding down and if you haven't already done so, it really is time to think about getting your child back into the routine for school. For children with Down syndrome, this can take more time and more practice. Here are some tips and resources to help with the transition back to school.

### Is Your Student Ready for School?

- Create a before school/after school routines - use a checklist with pictures or words to help your child become as independent as possible in getting ready for school as well as after school. This list can include things like putting on clothes, eating breakfast, brushing teeth. After school list might include snack time, homework time, reading. Use rewards for completing tasks and to keep your child motivated.
- Visit the classroom/school ahead of time. Show your child the important places and how to get there (locker, cafeteria, nurse, bathroom, gym).



### Save the Date!

**August 13th, 2-4pm: L.E.A.P. Workshop-How to Get the Most out of Your IEP Meeting**

Join DSAGSL and Education Specialist Tara Lavigne for a workshop on Individualized Education Plans (IEPs). Participants will get tips on how to get the most out of an IEP meeting, learn more about the IEP document, as well as examine the parents role in the development of the IEP. Parents and caregivers will leave with a better understanding of how to address concerns and how to be pro-active in the planning of

- Let your child pick out some of the school supplies on the list and put them in his backpack.
- Introduce your child to her teachers and other important school personnel before school starts. If the school does an open house, check to see if you can go earlier in the day to avoid the big crowds and long lines.
- Get the e-mail address of each team member to begin regular communication. With permission, take pictures of each teacher.
- Create a social story (using the pictures) about going back to school. Use Word or try one of these [Social Story Apps](#)
- Create a document about your child (include basic family/contact info, interests, accomplishments, effective social and behavioral strategies). *For younger students, consider using the [All About Me](#) booklet.*
- Have your child or help your child create something they can share about their summer (using pictures and/or words). Share this with your child's team.
- Keep the lines of communication open with e-mails, parent/teacher conferences and a [Daily Communication Log](#). Challenges can be dealt with proactively and success can be celebrated!

Check out these other great tips from [empoweringparents.com](http://empoweringparents.com)



### Is your child starting middle school?

Here are [10 tips](#) to help prepare.

### Are you preparing for an IEP?

Review the [Top Ten Parental Rights in Special Education](#)

Check out Missouri Parent Training and Information classes: [MPACT Trainings](#)

Attend DSAGSL's [IEP Presentation](#) for Parents and Caregivers on August 13, 2017

### Is a student with Down syndrome new to your child's school or grade level?

Consider scheduling a presentation about Down syndrome at your child's school. October is Down Syndrome Awareness Month or many schools have ability awareness

each IEP.

And kids are invited to explore the exhibits at Healthworks Museum with volunteers during the presentation!

[RSVP@DSAGSL.ORG](mailto:RSVP@DSAGSL.ORG) or visit our [website](#) for more information!

## Check out DSAGSL's Facebook Group

### [Sharing Our Strategies](#)

A Facebook community just for parents of children with Down syndrome - to share with each other tips & tricks, suggestions, successes and struggles on all types of topics

weeks. Contact [andi@dsagsl.org](mailto:andi@dsagsl.org) to learn more about our Community Ambassador presentations.

**Do your child's teachers, administrators or support personnel want (or need) to learn more about educating and including students with Down syndrome?**

Share information about the [Down Syndrome Education Specialist Program](#) This is a FREE, four-session program that was created to help build meaningful education for students with Down syndrome. Parents are welcome to attend as well. Another great resource to share with *teachers, therapists or support personnel* is [Supporting the Student with Down Syndrome in Your Classroom](#)

**Are you interested in learning more?** The [DSAGSL Lending Library](#) has an excellent lending library with books on education, advocacy, inclusion, behavior and more. Search our catalog - library name: DSAGSL (no password) and check out any of our books for free! You can also call our office at [314.961.2504](tel:314.961.2504) to speak to a staff person.