

## **Navigating Back-to-School: IEPs, Supplies, and Survival Skills. Tips for Parents of Children with Disabilities**

**Introduction:** As the back-to-school season approaches, many parents find themselves juggling a mix of excitement and anxiety, especially those with children who have disabilities. Jill and Janine, two moms who have been through it all, share their insights and experiences to help make this transition smoother for both parents and kids.

**Understanding the Emotional Landscape:** In this episode, we emphasize the importance of acknowledging the emotional challenges that come with the new school year. For children with disabilities, the change in routine can be overwhelming. It can be beneficial to start new routines early, such as adjusting bedtime gradually, to ease the transition.

### **Practical Tips for a Smooth Transition:**

- **Start Routines Early:** Begin adjusting sleep schedules a few weeks before school starts.
- **Involve Your Child:** Let them pick out school supplies to create excitement.
- **Create Visual Schedules:** Use laminated cards or storyboards to help children understand their daily routines.
- **Prepare for Sensory Needs:** Have a go-bag with snacks, toys, and sensory items ready for car rides or unexpected delays.

**Advocating for Your Child:** Both moms stress the importance of being an advocate for your child. Whether it's ensuring the school has the necessary accommodations or communicating with teachers about your child's needs, being proactive is key. They also highlight the value of building a community with other parents to share resources and support.

**Conclusion:** The back-to-school transition is a journey that requires patience, preparation, and a lot of love. By taking small steps and being mindful of your child's unique needs, you can help them start the school year with confidence. Remember, you're not alone in this journey, and there are communities and resources available to support you.

Subscribe now to stay updated with more tips and stories from Jill and Janine as they continue to share their journey.