



Back-to-School Checklist ✓

Kickstart Your School Year

- Introduce yourself to any new teachers, classroom aides, or other educators you don't know.
- Consider making an ["All About Me"](#) page to share with the team and classmates.
- Share [books](#) and stories with classmates and school team to educate them on inclusion, belonging, and differences.

Friendships

- Share [about Down syndrome](#) with your classmates and friends.
- Join after-school clubs or activities with friends who enjoy the same things you do.
- Schedule playdates with familiar and new friends after school or on weekends.

Charlotte's Tip

"Involve your child in decision making when they are young, as self-advocacy skills will benefit them as they grow!"

-Charlotte Woodward, NDSS Education Program Associate

Routines

- Create morning and evening routines that prepare you for the school day.
- Make sure you get enough sleep. Set a consistent bedtime to make sure you are refreshed for school each morning.
- Create a [visual schedule](#) or [checklist](#) to help yourself stay accountable to the routine.
- Back-to-school can be a difficult transition for all students. Consider reading through [social stories](#) with family and friends to help everyone prepare for the year ahead.

Stay Active & Organized

- Joining a school sport or extracurricular activity is a great way to stay active while also socializing with your peers.
- Check out our new fitness program, [321Go!](#), which promotes healthy lifestyle choices among individuals with Down syndrome and their families.
- Use a planner to stay on top of your schoolwork and extracurricular activities.
- Don't forget to schedule **YOU** time!

