Kyo

Transitioning Back to School

Resource Supplement

Transitioning back to school after summer break is an exciting and sometimes overwhelming event. However, it can also be a great time to teach your child new skills. These skills include following routines, self-monitoring, managing a schedule and setting personal goals.

An essential part of having a smooth transition back to school is re-establishing your school year routines. Think about what went well last year and what you may want to improve. Involving your child in the process of creating these routines and deciding on what to prioritize is a great way to build their motivation.

What's Included:

- Priming Guide
- Daily Schedule
- Backpack Checklist
- Behavior Contract

Additional Digital Resources:

Scheduling apps for kids:
- Busy Kid
- Visual Schedule Planner

Behavior Contracts:
- TemplateLAB
- Score It app

Token Chart:
- Tokenat App
- My Token Board App

For Additional Information:

Watch a webinar

Visit our website

Contact us at: info@kyocare.com - (877)-264-6747

Priming Guide

Priming is the process of preparing for a significant change or event by providing ample information before the change or event occurs, to try and reduce any aversive reactions your child may have.

The process of priming often includes the use of guided conversations, social stories and visuals. When priming for an upcoming event, think about possible concerns, what went well in similar scenarios in the past and what didn't go as well. We recommend including the five 'W's below, which can be modified based on your child's need and the event you are planning for. Depending on your child's level of need, the process may be as simple as having one or two conversations before the event. However, your child may benefit from daily priming for a week or two leading up to the event.

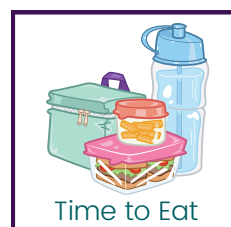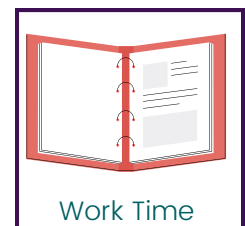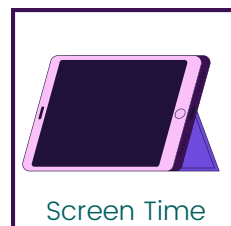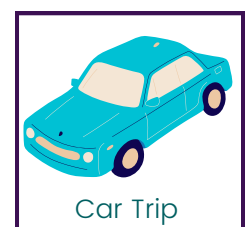|	
What	What is the event you are preparing for and what are the expectations. Identify the most important takeaways for your child and possible "what if" scenarios. Involving your child in the plan for different "what if" scenarios and gathering their feedback can create buy-in from them. For example asking "What do you think we should do if we get too overwhelmed at Disneyland?"
Who	Identify who is involved and what their roles are, including who the helpers will be. For going to a new school you can look at the school website with your child and look at photos of office staff, their teacher, principal or other support staff. For a sleepover you might talk about what adult to talk to if you get scared and how.
Where	Review all locations involved in the event. For example, if going on a family vacation you would want to talk about where you will be staying, where you will be stopping along the way and any activities.
When	When is the event occurring? Is this a one time thing or recurring event? You can put it on a calendar your child can see or do a countdown chart.
Why	Giving your child the reasons or logic behind a change or event helps them to understand and cope with it. For example, "we have to fly because we don't have enough time to take the train"; "you have to go to the YMCA because dad's work schedule changed".

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Establish Routines

Knowing what to expect and when to expect it helps kids feel safe and move through their days easier. Routines also help children have a sense of control.

To Do	All Done!

Wake Up

Bed Time

Change Clothes

School

Brush Teeth

Bus Ride

Bath Time

Car Trip

Screen Time

Work Time

Time to Eat

Free Play

Cut out the schedule and icons, laminate them, and attach velcro. Have your child move the icons to the "All Done!" side when complete.
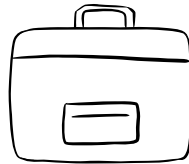
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Self Monitoring

Self-monitoring teaches your child independence and accountability for their own behaviors. It increases their participation in designing their own behavior management systems and promotes generalization of skills.

My Backpack Checklist

☐ Lunch

☐ Water

☐ Homework

☐ Pencil Case

☐ Extra Clothes

Have your child color their checklist, then laminate or put in a page protector. Keep the list near the door or where they store their backpack.

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Behavior Contract

A behavior contract is an agreement between a child and parents. If your contract relates to behavior at school, you may want to consider involving your child's teacher as well. The contracts provide clearly defined rules and consequences for behaviors and increase accountability for engaging in prosocial behaviors.

_____ 's Behavior Contract

I, _____ agree to the following goals:

Goal 1: _____

Goal 2: _____

Goal 3: _____

If I reach my goal(s) I will earn: _____

_____

If I do not reach my goal(s), my consequences will be: _____

_____

In order to start meeting my goals I need: _____

_____

Other people can help me by: _____

_____

We will check back on _____ to review my progress.

_____   _____
Adult Signature   Child Signature

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