

THIS MONTH

[Tues] Jan. 6 11-12
[Thurs] Jan 15 1-2
[Fri] Jan. 23. 4-5

Get Ready for School!

Yurmea Park

Monthly parent meeting shares information, skills, experiences or resources intended to strengthen, improve, or enrich your family experience.



ESSENTIAL TIPS TO SUPPORT YOUR CHILD'S TRANSITION INTO THE NEW SEMESTER

1. Start a month ahead with a scheduled routine
 - Keep your child's bedtime and wakeup time the same as it will be during the semester
 - Keep the morning routine consistent (e.g. waking up, washing, brushing hair and teeth, eating, dressing, etc.)
 - Have child's lunch time, nap time, or other activities synced to your child's school schedule
 - Engage in activities that resembles after-school activities
 - Use visual schedules as necessary
2. Use countdown calendar
 - Create a countdown to school with each day numbered as the days left until the new semester starts. Begin your child's day by going to the calendar and marking off the last day.
3. Have a daily story time
 - Read age-appropriate books about going to school
 - Read personalized social stories
 - Keep your story time consistent throughout the semester
4. Familiarize the school
 - Get pictures of the school, classroom, and/or teacher if possible
 - Visit the school to familiarize the location of the classroom and other essential places if needed
 - Obtain school schedule to practice the routines (e.g. lunch time, nap time, P.E., etc.)
 - Obtain school lunch menu
 - Know your child's classmates; create play time opportunities with the friends
5. Role play
 - Role play some school activities
 - Pretend play in imitation



Information retrieved from:

<http://www.drhessautism.com/img/news/helping-kids-with-autism-transition.pdf>

Visit Dr. Esther Hess at www.centerforthedevelopingmind.com

UPCOMING TOPIC

Balancing Work and Family

JOIN US ON

[Tues] Feb 3 11-12
[Thurs] Feb 12 1-2
[Fri] Feb 20 4-5

TIP OF THE MONTH

YMCA in Dallas/Fort Worth that specialize in teaching those of all ages with autism and other special physical or mental challenges how to swim and learn water safety in adaptive swim classes.

You can find the adaptive swimming programs all year round at the YMCAs in Coppell, Park Cities, J.E.R. Chilton YMCA at Rockwall and Town North YMCA. The details are on their website at ymcadallas.org.

Education is the most powerful weapon we can use to change the world.

- Nelson Mandela -