

## TALKING TO SCHOOL

When your child has learning and/ or executive function difficulties it can be overwhelming for parents. Always remember, you know your child best. You are the one who is aware continually of which areas he or she struggles in and how he/ she best responds.

It's important to talk to his/ her teacher at the start of each new school year. Don't just assume that the new teacher will be aware of the difficulties your child experiences. If the teacher knows what your child struggles with and how he / she learns best, it can have a big impact on how well the school year goes.

Here are some tips:

1. Make an appointment early in the new school term to discuss your concerns. Some teachers will prefer to wait a few weeks until they get to know your child but don't let this drag on.
2. Just asking for a meeting lets the school know that you want to work with them to help your child succeed and should set up a good communication flow between home and school.
3. If your child has an IEP don't assume that the new teacher is familiar with it. Remind them of anything that has been put in place for your child and how it makes a difference.
4. If your child has difficulties with verbal instructions, suggest how the teacher can make things easier – by writing instructions on the board whilst speaking them aloud, for example. Ask the teacher to speak slowly when giving multi-step instructions so your child has time to understand. A home/ school diary (where a task's instructions can be written down) can make a huge difference to homework being completed.

5. If a previous teacher developed strategies with your child that worked, discuss these with the new teacher. Don't always assume that they will be aware.
  
6. It's important to pinpoint your child's specific challenges and how they are likely to affect him / her at school.
  
7. Remember your child will behave differently at school so be prepared to listen to the staff

### HABITS FOR THE COMING SCHOOL YEAR

If your child is in elementary school, [email his teacher](#) to request a meeting. Try for a time close to the start of the school year. (But remember that some teachers may want to wait until they've gotten to know your child for a few weeks.)

If your child is in middle school or high school, you don't have to meet with his teachers. Wait a week or two to see how things are going. Then reach out to the teachers you think may need help understanding your child's specific issues.