

Back-To-School Tips

Erin Sutherland

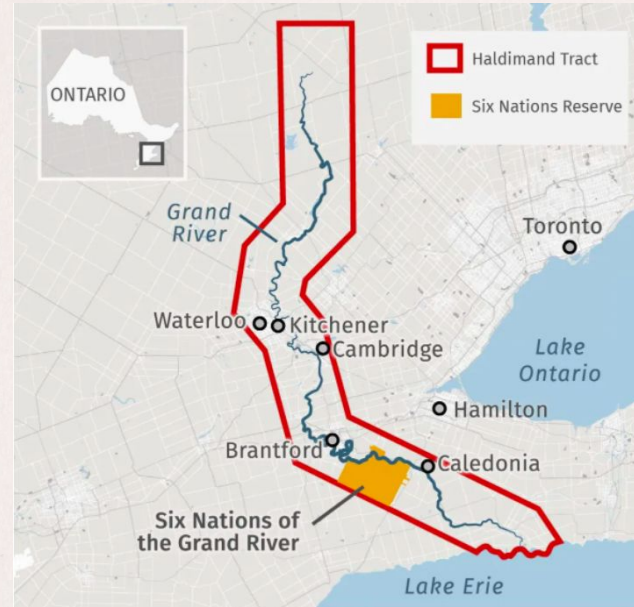
Family Resource Coach

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Where exceptional families thrive

Territorial Acknowledgement



History of WRFN

- WRFN supports families of children with exceptional needs, with or without a diagnosis, in Waterloo Region by providing guidance, resources and facilitating meaningful connections with other parents/caregivers in all life stages.
- As a peer-developed and peer-driven network, WRFN is uniquely able to understand how to serve the needs of exceptional families, so they can thrive.

Our Network Supports

- Residents of Waterloo Region
- No diagnosis needed
- No waitlist or formal intake process
- Referrals can be made by professionals or a self-referral directly from a family
- No fees charged to provide support
- Will hire interpreters if needed

Back-to-School tips

What is a goal you have for your child/youth for this school year?

Back-to-School tips

It starts at home!

- Adjust sleep and wake times from now
- Lots of positive communication about school
- When possible walk/drive/bike, etc. the school "route" and/or play, have a picnic at the school playground or green space

Back-to-School tips

It starts at home!

- Consider use of visuals to support with the transition back
- Work on self-help skills at home that are similar to those used at school
- Realistic expectations

Back-to-School tips

Starting over (yet again)

- Adjustment period typically the month of September
- Each grade brings increased independence of the student so there will be new expectations this year
- Updates to share with school

Back-to-School tips

Last week of summer - August 26-30, 2024

- Schools are open!
- Ask to tour the school, see the classroom, meet the teacher and staff team
- Share updates as discussed

Back-to-School tips

Individual Education Plan (IEP)

- These are being developed in September/early October
- A copy will come home, please provide your feedback
- Sometimes there is a need for an IEP meeting to discuss significant updates and/or changes



A spiral-bound notebook with a black metal spiral binding is shown on a light-colored wooden surface. To the left of the notebook, there are several stationery items: five pink paper clips, one green binder clip, and a red pencil with a silver eraser and a sharp lead tip. The notebook is open to a blank white page.

Thank you.

I Welcome Your
Questions...

Join us on social!



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