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ADHD Parent Coaching

Educational Consulting/School Advocacy

ADHD Teacher Training

Tutor K-9 All Subjects

ADHD Coach K-12

NOW:

Send the proper person a letter addressing accolades and concerns to be proactive for the next school year.

Major concerns: MEET NOW before placements are set-Contingency Learning Issues-ESY

Request a staffing at the beginning of the school year (based on individual needs)

PRESENTS, PRESENTS, PRESENTS for those who have touched your child and supported your family.

SUMMER:

Plan, make routines, teach new transitions change can be INCREDIBLY challenging as we begin a whole new routine.

Family Calendar...color code, fill out together-chores/appointments/camps/schoolwork/free time/social obligations

ROUTINE

Morning, bedtime, study time-plan together

Rewards for practice of skills keyboarding, math facts, writing practice, Kahn Academy, Amazon books, online options, tutor

Catch up catch up catch up-1-1 tutoring, online practice, Summer HW Activity Books, Summer Math or Language Arts Boot Camps, Summer Executive Function Boot Camps

Chores that are daily, weekly, or as needed: POST on a chart or calendar- ROUTINE

Medication Vacation- MUST discuss with professionals involved (Psychiatrist, MSW, PSYCHOLOGIST)

PURCHASE MORE than enough school supplies Better to be prepared than unprepared.

Visit School to map out classes, meet teachers ahead of time if possible

CHADD Parent to Parent Classes online

3 weeks before 1st day of school- Scale back on bedtime ½ hour each week until you meet school bedtime

New Fall Routine: Review and discuss during the last few weeks of summer-make visuals, posters, charts, checklists etc. PLAN TOGETHER

Have your student write a letter to their teachers about their strengths and areas of concern, accommodations and what has worked well for them in the past.

Enjoy and take time to connect with your family!

NOT DONE YET: PAPERWORK and APPOINTMENTS

Organize all documents: Private Testing, School Testing, IEP or 504 Plan in order from recent to past, report cards, Doctor Prescriptions for services etc:

Make copies of anything you want to share with next year's teachers and scan them into your computer.

Begin a drafted letter to all teachers/staff for next year (you will tweak a lot during the summer)

Copy Articles about your child's disorder, highlight what applies and add notes in connection to your child's needs. Bring to the first meeting of the school year and send to all teachers/staff who touch your child.

Get a new script from Doctor for IEP per school expectations- Contact school to see what's needed

Update outside testing as needed. (Speak to your Psychologist)