

Transition from Elementary School to Middle School

1. Start early conversations about what the transition will look like.
2. Let your student ask questions and answer them honestly.
3. Visit the new school- attend a sports event or concert to help your student feel more comfortable.
4. Go to open houses so your student feels confident on the first day.
Showing up matters!
5. Schedule a visit before school starts to find classrooms and your locker.
6. Ask for your student's schedule early and walk through their class route together.
7. Explore clubs or programs your student might join to help them feel more connected.
8. Email teachers before school starts to introduce yourself and your student, especially if they have an IEP or 504 Plan.
9. Make sure your student understands their IEP or 504 Plan and what supports they are entitled to.
10. Learn how the school communicates with families- email, apps, or other systems.
11. Read the school handbook with your student. Talk about rules and consequences.
12. Keep building self-advocacy skills and encourage your student to speak up for themselves.
13. Have daily check-ins about school and how things are going.
14. Practice organizational skills. Help your student find a system that works for managing assignments.



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