

# Things I Have Tried

Ask to chat or email with the teacher or responsible adult before the start of the program.

## **Keep it positive-**

When communicating with anyone interacting with your child, keep the tone positive. Make yourself available to give and receive feedback.

## **Have a signal-**

When Daniel started a new class or camp, he would get a little anxious. I would ask the teacher to check-in periodically with a "secret hand signal." We used a thumbs up, thumbs down or a thumb sideways sign.

## **A plan for taking a break-**

Suggest options ahead of time for when your child needs a break. Ask if your child could go get a sip of water or assign him/her to carry a "note" to another teacher/class.

## **Visual cues-**

A schedule for the day printed on the board is always helpful so everyone knows what happens next.

## **Rewards-**

If working towards a reward helps, offer to provide the stickers or a "prize box" (a shoe box with tiny trinkets) for your child and the whole class to work towards.

## **Triggers (offer alternatives)-**

If your child hates the feeling of paint or painting, let the teacher know. But also offer a suggestion, perhaps he/she can be offered markers or crayons that day instead.

## **Teacher communication-**

Send your child with a notebook for you and the teacher keep each other informed. This way, you don't hold up car line and disrupt the routine.

## **Being left out-**

Ask that if students will be partnering off, that the pairs are pre-arranged or for groups, ask to have the class count off 1, 2, 3, 1, 2, 3. Group all the ones, twos and threes together so that no one feels left out by not being selected.