

Setting Up Your Household for Success

Sleeping:

Schedule medications, establish routines, utilize timers/visual schedules, adjust to accommodate sleep needs, talk about your upcoming day/week, read together

Morning Routines:

Weather/clothing charts, pre-pack bags/lunches, utilize timers/visual schedules, review daily schedule, delegate responsibilities

Calendaring:

Color code by person/event type, shared calendars, make one type accessible for kids

Docs:

Use a filing system of your choice, store electronically, use sticky notes to label/annotate documents, use shared digital drives

IEP Documents:

Keep digital copies, use a filing system of your choice, IEP binders/folders

School Communication:

Student Snapshot, update school apps, update emergency contact list/medical forms

Empowering Our Kids:

Delegate responsibilities, use visuals/charts, let them choose, personalize school items, review IEP/behavior plans, discuss expectations