



Back to School Transitions & Routines

Priming

Consider your particular child(ren). How have they done in the past with transitions? How have they done with the pandemic?

Realistically, what are your concerns about going into school for your child?

PRIMING YOUR CHILD for (BACK TO) SCHOOL

Prime your child for any area that you suspect they will struggle with. Priming means slowing everything down and setting your kids up for success by chunking and tricky routines down, and adding positive supports to each piece. You can review the routine or process often with your child, always with a vote of confidence that they are going to get it! Use this space to plan your priming. With this worksheet, identify the routine that might cause stress (like saying bye at preschool or packing the backpack). Then break it down into sub-routines. Identify the language you will use to prime your child (use songs, chants, melodic intonation) and the extra supports your child might need (like visuals, physical supports, alarms, calendars, your presence, extra time, etc).



the routine/transition



the sub-routine



the language



the extra supports