

BACK TO *school*

PREP CHECKLIST

For foster & adoptive families navigating transitions, trauma, and new routines.

NOTIFY THE SCHOOL (IF APPROPRIATE)

Letting the school know your child is in foster care or adopted can help staff offer better support.

- Share only what you're comfortable with.
- Ask to note trauma-informed needs privately.

SHARE CUSTODY & VISITATION SCHEDULES

If your child has court-ordered visitations, make sure the school knows:

- Who can pick up.
- When visitations might affect attendance.
- What transitions might impact behavior.

UPDATE EMERGENCY CONTACTS

Ensure the school has accurate emergency contacts:

- Caseworker info
- Agency support lines
- Backup caregivers
- Anyone not allowed to pick up (court orders, if applicable)

REVIEW IEP/504 PLANS

Start the year strong with a quick review of any learning support plans:

- Are goals up to date?
- Does the team understand your child's current needs?
- Have any evaluations been missed?

MEET THE TEACHER (AND SUPPORT STAFF!)

Building early connection matters. Request a meeting with:

- The teacher
- School counselor
- Principal or VP

This gives you space to explain any trauma-informed strategies that help.

YOU'VE GOT THIS.