



Return to on-site schooling

Communicating with your child's school

During times of increased anxiety and change, some students with disabilities may experience greater challenges in their learning, behaviours or emotion regulation. Take time to speak to teachers about how your child coped during this period and what areas they may need support in during the transition. You and your child can talk about relevant strengths, and share strategies that have been effective at home and at school and work towards creating consistency across settings.

The following tips can provide a prompt or support for you in preparation for communicating with your child's teacher:

1. Be ready

Write down any areas you specifically want to talk about beforehand.

2. Have a positive attitude

Your child's teacher is a partner with you in your child's learning, development and inclusion. If you have concerns or feel upset you can express these to the teacher in a calm way. Communicate with the intent to give the teacher an opportunity to share their perspective of the situation, and with the view that you can work together to find positive solutions.

3. Start with the positive

Discuss your child's strengths first. Share with the teacher any strengths you and your child feel are relevant, and ask your teacher what strengths they have identified. Access AllPlay Learn's [strengths and abilities communication checklist](#) for a list of some of the strengths your child may have.

4. Discuss areas where support may be needed

This is an opportunity for you, your child and your child's teacher to share areas where your child may benefit from support and set goals accordingly. Your child's teacher may have identified opportunities for support that you were not aware of, and vice versa. It may be important to work together to determine what the priorities may be, and to share strategies that may be effective.

5. Discuss ways in which you can create consistency across home and school

Your child's teacher may discuss ways in which you can support your child's education at home, such as setting up a homework routine, or through ongoing communication. Similarly, you may have routines or strategies at home that a teacher can support your child with at school. Partnering with each other can create consistency and stability for your child.