



STRATEGIES FOR ENDING THE SCHOOL YEAR STRONG

A Checklist for Parents

As tempting as it might be to let a child who is struggling in school coast to summer, it's crucial to help a student end the year strong. What occurs in the final weeks of school can have a huge influence on how students feel about learning, schooling, and future teachers.

The checklist below will help you set the stage for a successful end to the school year and start to the next!

- Observe and Document:** Keep track of where your child appears to be experiencing difficulty (e.g., math word problems, [executive functioning](#)), and the kinds of [struggles](#) your child is experiencing (e.g. problems with following directions, forgetfulness, difficulty working independently).
- Look for Patterns:** Talk to others who interact with your child (e.g., does your child also experience difficulty following directions when playing soccer; are struggles also observed with the babysitter/nanny?)
- Schedule a Meeting with Your Child's Teacher:** Arrange a meeting with your child's teacher to discuss observations at home and school, academic progress, social and emotional well-being, and seek recommendations for preparing your child for the next academic year.
- Inquire About An Evaluation:** If struggles have been observed at home, at school and/or in other settings, inquire with the school about having your child evaluated. If a child qualifies for [special education services](#), a comprehensive psychoeducational or [neuropsychological assessment](#) may help you better understand why your child is struggling, create a profile of a child's strengths and weaknesses, and outline a plan for addressing areas of struggle.
- Stay Involved and Supportive:** Stay actively involved in your child's education, and keep communication channels open with your child's teachers to stay informed about their progress and any areas that may need extra attention.
- Provide Structure and Routine:** Warmer days and longer daylight hours make it easier to get outdoors and enjoy nature. This is great for our mental health, but it can wreak havoc on nighttime routines. It's super important to stick to your child's regular bedtime and continue to make time for homework and at-home reading.
- Celebrate Progress:** Acknowledge and celebrate small victories and improvements along the way to boost your child's confidence and motivation.
- Stay Positive and Persistent:** It's important for you to continue providing emotional support while you are investigating the difficulties your child is experiencing. When a child is struggling, the hope is always that it is a "phase," he will "catch up" or the issue will resolve on its own; however, if a child has an undiagnosed learning or neurodevelopmental disorder or is experiencing social-emotional difficulty, [getting help](#) quickly is essential to that child's academic and social success and overall [well-being](#).
- Get Support:** To discuss all this and other related issues further, [contact us](#) to schedule a consultation to speak with a neuropsychologist to help determine the next step in finding support for your child.

ChildNEXUS provides parent support services for youth mental health, learning disabilities, and neurodivergence.