
Newmark Alert - Related Services Fall Tips

From Newmark Education <SLevy@newmarkeducation.com>

Date Wed 9/30/2026 12:00 PM

To Sandra Vollero-Levy <SLevy@newmarkeducation.com>



Newmark Education Parent Alert

September 30, 2026

From Morning Routines to Meaningful Conversations

Dear Newmark Parents,

Back-to-school is an exciting time, but it can also come with changes, challenges and new routines. As your child adjusts to the school year, there are simple strategies you can use at home to help set them up for success each morning and encourage meaningful conversations about their day when they arrive home. Below are **Occupational Therapy tips for creating a morning routine that supports your child's success and Speech and Language tips for having positive conversations that encourage your child to share specific information about their school day experience.**

OT Tips for a Successful Morning Routine

A smooth morning routine can help children arrive at school feeling **organized, confident, and ready to learn**. Occupational therapy supports children in developing the skills needed to participate more independently in daily routines. Here are some ways you can help set your child up for success before their school day begins:

Break the Routine into Steps

Try creating a simple visual checklist with your child, for example:

- Wake up
- Use the bathroom
- Get dressed
- Brush teeth
- Eat breakfast
- Pack backpack
- Put on shoes/coat
- Leave for school

A visual schedule can help children understand **what comes next** and reduce the need for repeated reminders. Using tools such as timers or tangible lists can help children move through each step more efficiently. [Learn More](#)

Speech Tips for Positive Afternoon Conversations

"How was your day?" "Good".

Many parents have experienced this type of exchange when asking about their student's day. Minimal responses from your student can be due to two possible factors: **wording** and **timing**. Learn some tips to help you make the most of after school conversations with your student. [Read More](#) - [Speech Tips](#)

We hope these OT and Speech tips enrich your daily routine!

Sincerely,

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