



**insideADHD.org™**  
*Focusing together on ADHD*

## Transitioning from Middle to High School

This tool serves as a handy timeline and checklist to keep track of the things you and your child can prepare for to have a smooth transition into high school.

### **WHO SHOULD USE THIS TOOL?**

This tool is meant to be used by the parents of children who will be transitioning from middle to high school.

### **HOW SHOULD IT BE USED?**

This tool is general timeline showing the end of your child's last year of middle school, summer break, and the first few weeks of high school. The timeline is marked throughout with general suggestions on when to take certain steps that can help your child manage their ADHD as it relates to school. Some of these steps include sending introductory letters to your child's new teachers and touring the school with your child during the summer to locate your child's locker and classrooms.

# Transitioning from Middle to High School

