



Suggestions:

- Don't send in the Bouncy Band to school with your child. The teacher will likely think that it is a toy and it will be taken away. Instead, email the teacher and ask to schedule a conference. Don't grab them in the hall to talk before class. They are busy and distracted, so be respectful of their time and email them to request a short conference.
- Start the conference by thanking them for all he/she does to help your child succeed in school. Explain that you can't fully imagine what it must be like and that you respect them for their job. (Chocolate chip cookies can have magical effects for after-school conferences.) Ask your child ahead of time something that they like about him/her.
- Ask the teacher for strengths that she sees in your child. Listen. Let that soak in.
- Explain how Bouncy Bands help kids bounce their feet and stretch their legs to help them release their extra energy, anxiety, and frustration to help kids focus and work quietly in class.
- Share how your child is an active learner, frequently feels uncomfortable in class when sitting for long periods of time, and/or needs some sensory relief throughout the day. Ask if your child creates excuses to get out of his/her seat and how this is a way to help your child stay in his/her seat to get more work done instead.
- Ask the teacher if they have ever heard of Bouncy Bands before. Offer to share the research results from other teachers around the country. Share how over 4,000 teachers have been able to get funded through Donor's Choose for students to get them at no expense to the teacher. <http://BouncyBands.com/DC>
- Give the teacher permission to allow other students to use the Bouncy Bands if he/she would like to see if they help others. Offer to assist with getting funds from the principal, PTA, or a class fundraiser--like Donor's Choose.
- In front of your child, ask for a 1-week trial for your child to try out the Bouncy Bands in class. Explain to your child that it is supposed to be used quietly and to improve focus, class work and testing. Let the teacher know that he/she can remove it at any time and to just let you know and that you don't want it to be a distraction in any way.