

## **Back to School Tips**

**Finding ways to help individuals with Autism Spectrum Disorder deal with the annual challenge of new teachers, new classrooms, new classmates and a new routine**

### **School Preview**

- Visit the school and take a tour before the first day of school.
- Play on the playground
- Take pictures of the teachers that your son or daughter will have including the office staff
- Work with the school staff/ principal and gain access to the students that will be in your son or daughters class and look at pictures from a year book to familiarize them with his/her new friends.
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### **Ideas for the Home**

- **Count Down Calendar.** Create a large calendar including pictures of special activities including when school starts. Have your son or daughter cross off the day before bed and count how many days until school starts.
- **Re-instate the "typical" bedtime routine.** During the summer months schedules and routines sometimes go by the wayside. Move bedtime back to an earlier time. If needed use a visual schedule of bedtime routine.
- **Have your son or daughter create a personal portfolio about themselves and/or what they did over the summer.** Include pictures of them doing activities that they did over the summer. This can be especially helpful for students who are non-vocal. They can share through words and pictures about their summer.
- **Practice getting up in the morning and going through the morning routine.** Including using visual supports and schedules that may be helpful.
- **Ask them how they are feeling about starting the school year.**
- **Establish a homework routine.** Have your son/daughter sit and do activities at the same time and place everyday. Have them work on previously mastered skills, reading, crossword puzzles etc. This is designed to set the stage for beginning homework.
- **School Clothes.** If you son/daughter will wear uniforms to school you may have them wear them before school for them to get used to wearing them.