

**THE AUTISM
SOCIETY INLAND
EMPIRE PRESENTS**

AUTISM SOCIETY
*Improving the Lives of All Affected by Autism
Inland Empire*

7 Back to School Tips



2019-2020



AUTISM SOCIETY

Improving the Lives of All Affected by Autism
Inland Empire

For many parents, back to school means transitioning back into early mornings and a busy schedule. Here are our 7 tips to help you with the transition.

For more resources visit www.ieautism.org/resources or contact us at 951.220.6922 or info@ieautism.org

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Tip #1

Start working on a re-establishing the bedtime routine now.

Start working on re-establishing the bedtime routine now. What time will your child have to get up? What time would they need to go to bed?

A 2017 study from Scientific American showed 86% of children with autism face difficulties in falling asleep, while for typical children, the number ranges between 1-16%.

Bedtime should be the same every day and include activities which are relaxing, pleasant, and suitable per the child's needs and interests. A bedtime routine should consist of four to five steps which do not take much time. Activities such as reading a story, saying goodnight to family, bathing, toileting, brushing teeth, singing a favorite song, or listening to soothing music may be included. Engage your children in calming sensory integration activities.

our bedtime routine 	
	Pajamas
	Brush Teeth
	Drink of Water
	Go Potty
	Read Stories
	Lights Out

Tip #2

Cross days off on a calendar.

It can help your child predict when school is going to begin and reduce anxiety.

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 	3 	4 	5 	6 
7	8  Eat Ice Cream	9  Go Swimming	10  Visit the Zoo	11  Pick out new shoes	12  New Haircut	13
14	15  Get School Supplies	16  Have a Sleepover	17  Go See a Movie	18  Pick out a new Backpack	19  Have a playdate -	20  Play with friends!
21  Special Dinner	22 First Day of School!	23	24	25	26	27
28	29	30	31			

Don't forget to take a picture of your first day of school!

Tip #3

Consider a social story to help with the transition.

A social story or a social narrative is an evidenced-based practice for children with autism. A social story is a short story that describes a situation or social skill. Some free social stories can be found at:

www.teacherspayteachers.com/Product/Free-Back-To-School-Social-Story-1347379

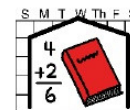
www.iroqsea.org/social-stories

www.andnextcomesl.com/2018/08/free-social-stories-about-going-to-school.html

www.educationandbehavior.com/story-about-going-to-school

Back to School

I had a really fun summer with my friends and family.



In September, it is time to go back to school.

At school, I will see my friends and teachers.



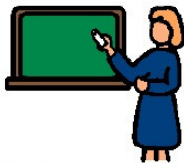
At school, I might have new or different rules to follow.



If I am not sure when school is, I can ask to see a calendar.



If I am not sure what my rules are, I can ask my teacher.



Going back to school will be a different schedule than my summer, but it will be fun to learn and play with my friends.



Tip #4

Create a visual schedule and start to practice the school morning routine.

Many children with autism thrive when given a visual schedule and/or routine. It doesn't need to be fancy – a chalk or white erase board will do. You can write the words or use icons depending on the child's reading level. You can create one for the morning and another for the afternoon or use one for the entire day.



Tip #5

If this is a new teacher to the child, consider writing an introductory letter.



Make sure you include who and how you would like the teacher to contact if they have any questions. Include favorite toys, activities and foods. This letter works for after school programs too!

Here are a few templates to get you started

<https://www.understood.org/en/school-learning/choosing-starting-school/back-to-school/download-back-to-school-introduction-letters>

Tip #6

Dress for success.

If your child has sensory issues, consider purchasing jeans or shorts used and well-broken in, and shoes that a child can fasten independently or with little help, seamless and tag less shirts and underwear, and a backpack that is easy to manage.

Sensory-Friendly Clothing Line @ Target!!



kozie
clothes™

stride rite®
celebrating 100 years.



Tip #7

If possible, visit the school and the teacher before school starts.

When possible, call the school office to see if you can take your child to school ahead of time to introduce them to their teacher, office staff and get familiar with the layout of the school. Most schools have in-service days. Make sure you are respectful of the teacher's time. They have a lot to do to get their classroom ready. Expect to spend 20 minutes or less there.

