



# Transition from the SUN.....to School Fun!!

## Strategies for a Successful Transition Back to School

Summer is coming to an end and the beginning of the school year is right around the corner! The start of the school year can be an exciting time, but for many children with autism getting back into routines can be difficult. Below is a list of strategies to help make the transition back to school this year a success!

- If during the summer months your child is used to sleeping later, start to prepare for a school morning by waking him or her up a bit earlier each day.
- Make arrangements to visit the teacher or the school a week or two before the first day of school. This will help your child get a mental picture of the setting. Your child's teacher may be able to show them around and walk with them to familiarize them with the school grounds again. (For example, showing them where some important places are: desk, locker, library, cafeteria, playground, school bus pick-up and drop-off area, etc.)
- Take pictures of the different settings at the school so you can talk about them at home and use them when making a schedule for your child. If possible, it might be helpful to take a picture of the teacher also.
- If you are unable to meet with your child's teacher, it would be a good idea to at least visit the school building.
- If you have not already purchased school supplies, you should try to do so as soon as possible. This will allow your child to get used to them. Be sure to keep any of their favorite items from previous years.
- Make textbook covers for different classes and color code materials and notebooks. (For example: Red equals Math, Blue equals History, Green equals English, etc.)
- In addition to purchasing school supplies as soon as possible, you should also get school clothes, uniforms, backpacks, and shoes early too! This will allow you time to wash the clothes several times and cut out tags if necessary and allow your child to get used to them.
- Make sure all visual schedules are organized, updated for the new year, and ready to be used. It may be helpful to create a social story or a picture schedule for school routines.
- Create an "About Me Book" for your child to take to school. This will be especially important for children that are starting a new school or getting a new teacher. This book will help to communicate all of the important things about your child and it will help individuals know how to better support and care for your child. This book will be a tool that contributes to your child's success at school! Please follow the link below to access a template that has been created to help you get started!

<http://www.okautism.org/sites/okautism/uploads/documents/IntroducingYourChild.doc>