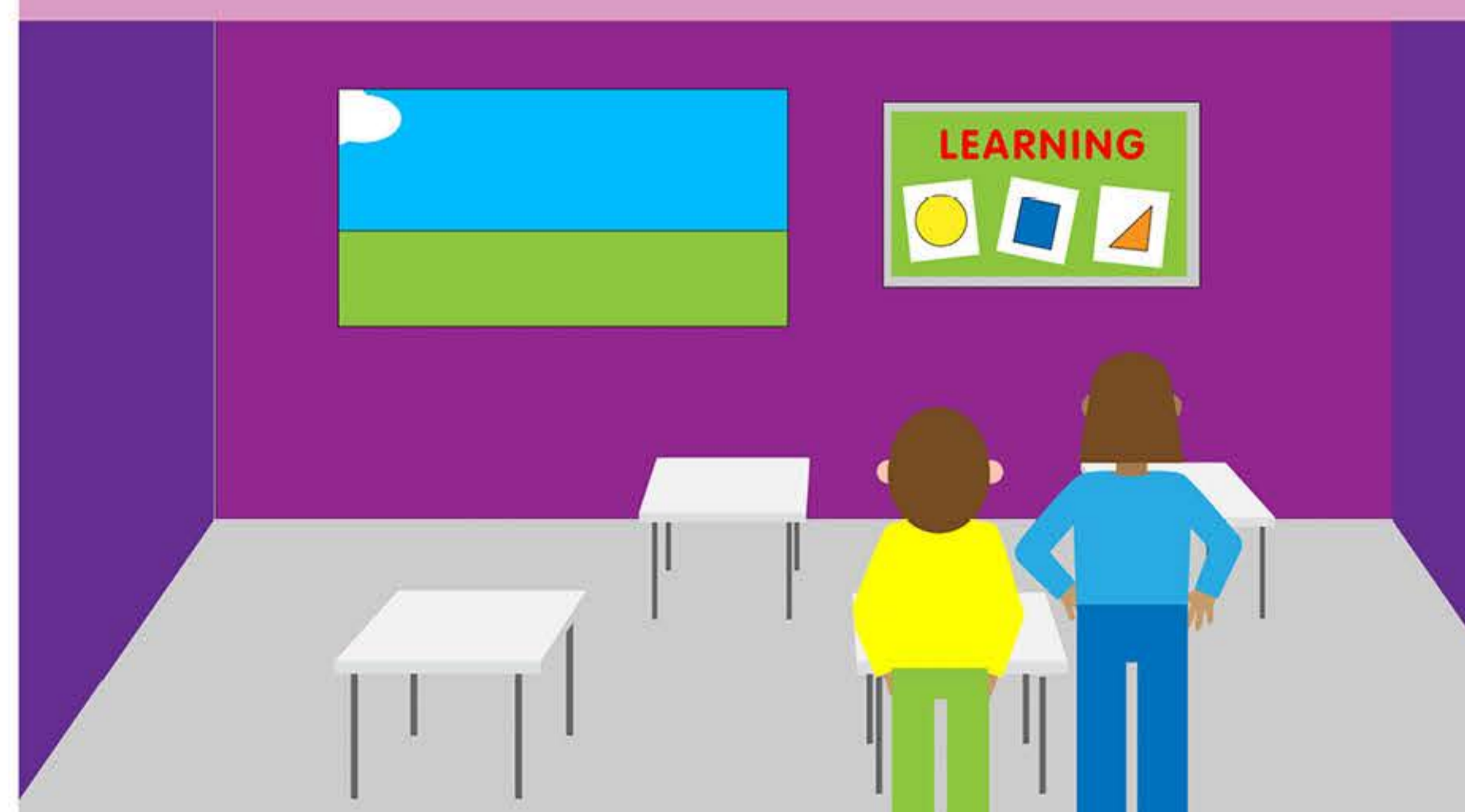


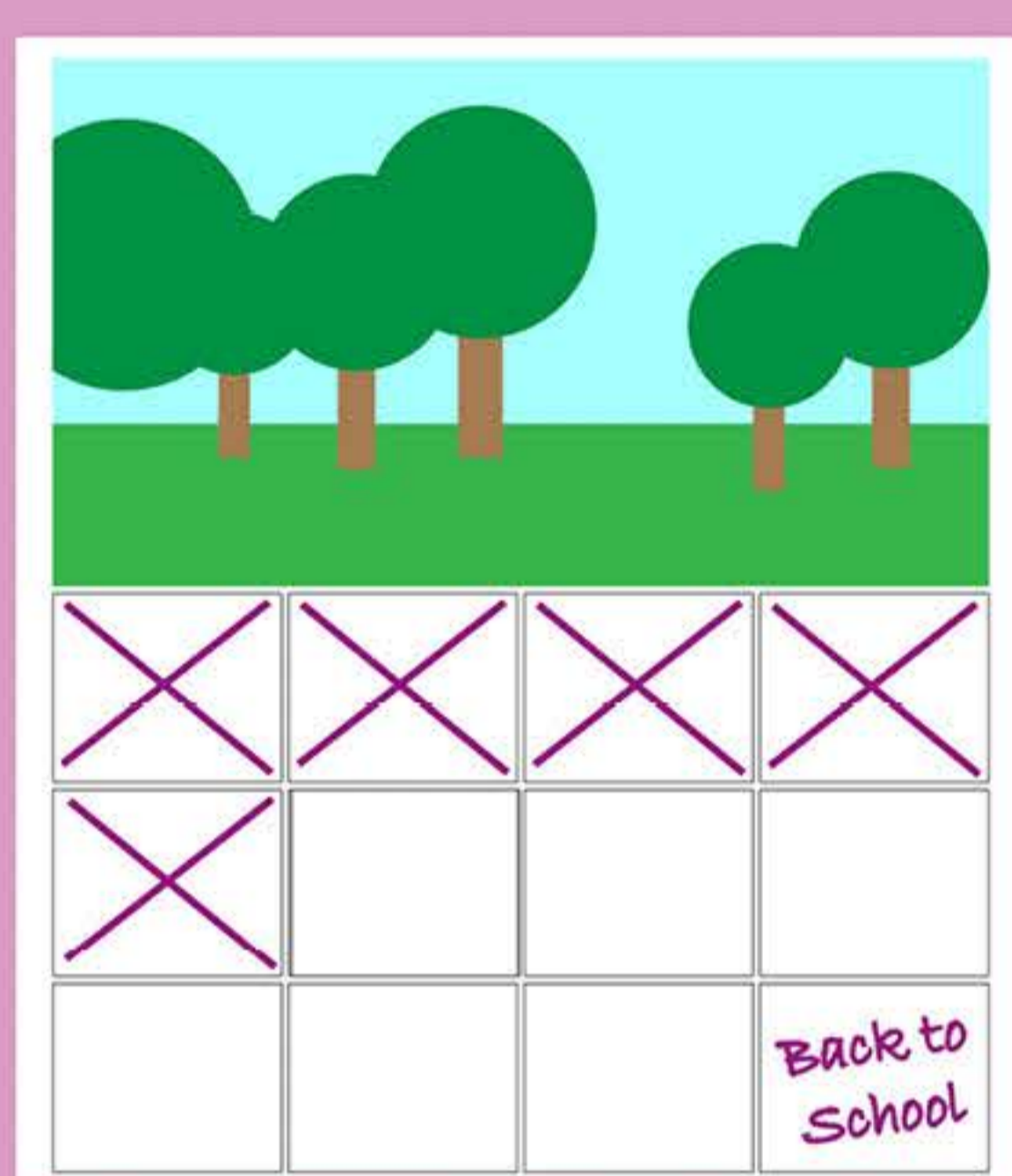
Supporting the transition back to school: Tips for parents/ carers of young people with Autism

1. Establish Familiarity



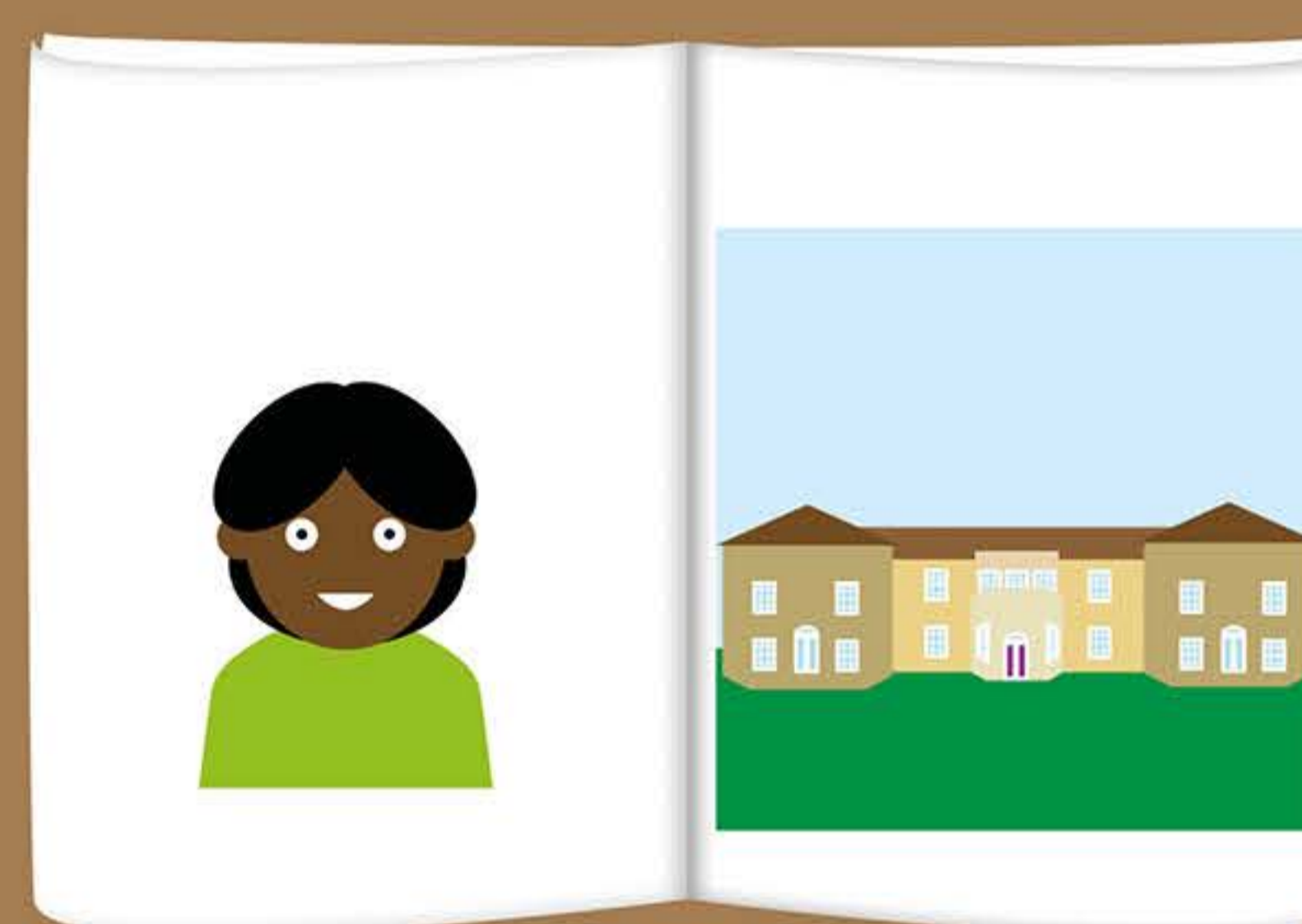
Plan a site visit before term begins if possible. This will allow opportunity for your child to become familiar with their new educational space in a quieter setting.

2. Positive Countdown



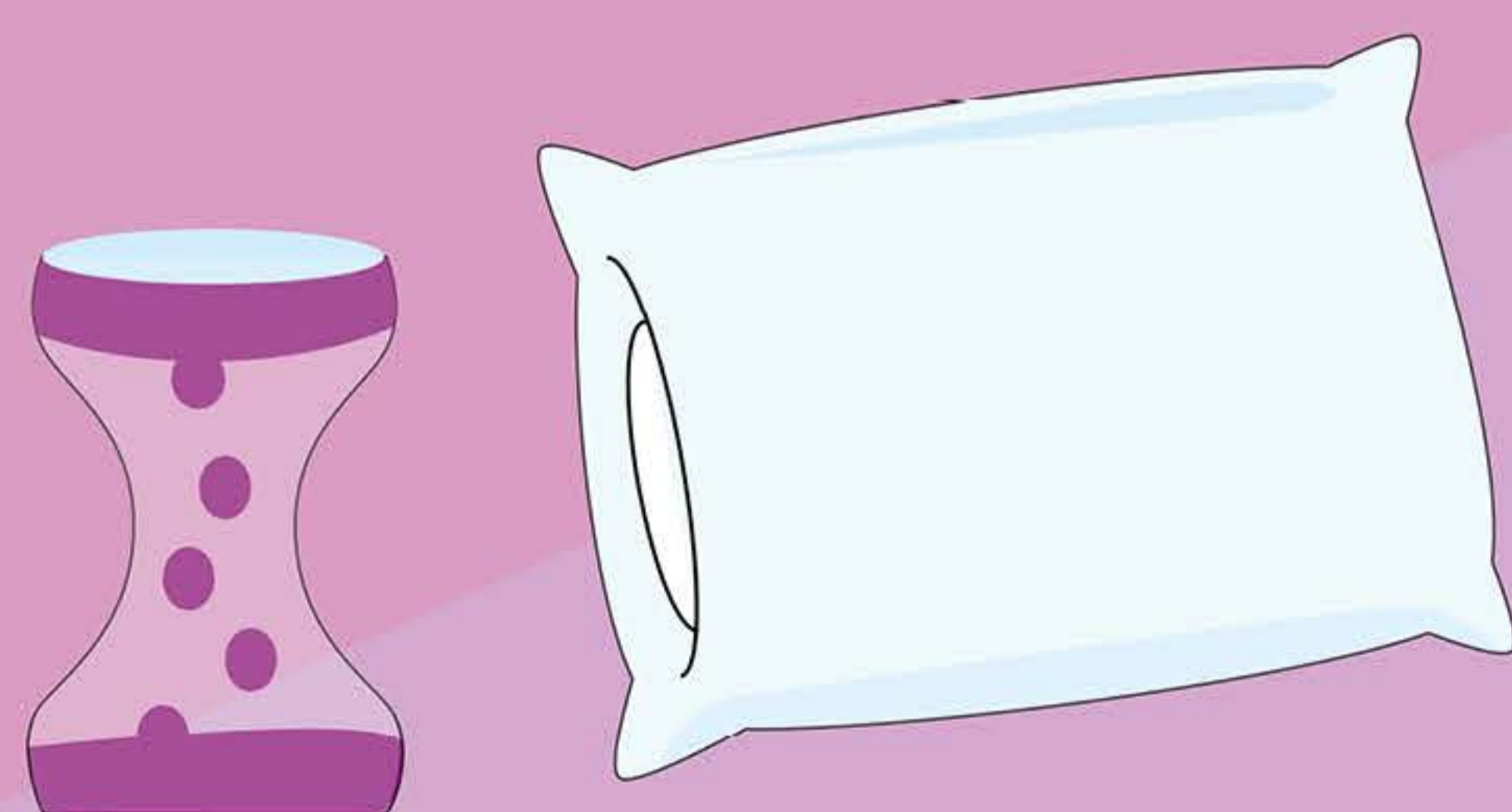
Create a visual overview to help establish when events are happening to help prepare your child in advance.

3. Schedules and Social Stories



Creating a social story around your child's schedule may help them understand what to expect and why.

4. Create Sensory Safe Spaces at Home and at School



Share helpful strategies with the school regarding your child's sensory needs, in case they need a safe space to calm down if they get overwhelmed.

5. Active Communication



Provide opportunities for your child to discuss their feelings helping them work through any potential anxieties in the run-up to a new term or class.



Cambian