

Back to School Tips for Parents

Here are some expert tips from our schools to help you navigate the transition back to school.

Visual Aids



Create photo books, visual schedules, or storyboards to show the school routine.

Practice Routines



Begin introducing the school routine - wake-up time, breakfast, getting dressed, and bedtime at least a week or two before school begins.

Meet Staff



Help your child build trust by meeting key staff early.

Social Stories



Explain routines and rules using simple, positive language.

Prepare for Sensory Needs



Discuss necessary adjustments (e.g., ear defenders, quiet zones).

Share Information



Tell the school about your child's needs, interests, and any medical or dietary requirements.

Plan for Communication



Agree on how school-home information will be shared.

Build Confidence



Focus on enjoyable aspects of school and discuss how interests can be supported.

Create an Incentive Plan



Help your child feel motivated and rewarded for trying.

Establishing a Routine



Keep morning and bedtime routines consistent to support stability and comfort.