

Accepting the Spectrum

A monthly newsletter sharing information and support for families, caregivers, and friends of children on the Autism Spectrum

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As summer comes to an end and the new school year approaches, this change in routine can be overwhelming for some children with autism. Your child might be attending a new school this year and have anxiety about the unknown. However, there are many ways that can help your child prepare for the upcoming school year and make this a smooth transition.

- Prepare your child by talking with them about transitioning back to school and what to expect. A new school year brings new faces and a new environment. It is helpful if you and your child can visit the school prior to the first day so your child can familiarize themselves with important areas such as the cafeteria, nurse's office, classrooms, bathroom, playground, gymnasium, and main office.



- Start a new morning routine. As the school year approaches, there will be changes in morning and bedtime routines. Start to wake your child up at the time they would need to get up for school. This will help your child adjust to an earlier wake up time when it is time to go back to school.

Bedtime Routine		
	Bath	<input type="checkbox"/>
	Put on PJS	<input type="checkbox"/>
	Snack	<input type="checkbox"/>
	Brush Teeth	<input type="checkbox"/>
	Read Story	<input type="checkbox"/>
	Bedtime	<input type="checkbox"/>

- Create a visual schedule to help your child know what they need to do prior to going to school. The visual schedule can include everything from getting dressed, eating breakfast, brushing teeth, getting their backpack, and arriving at school.

 Morning Routine	 School Day Checklist
<input type="checkbox"/> Shower	<input type="checkbox"/> Hang up coat
<input type="checkbox"/> Get dressed	<input type="checkbox"/> Open backpack
<input type="checkbox"/> Eat breakfast	<input type="checkbox"/> Turn in homework
<input type="checkbox"/> Brush teeth	<input type="checkbox"/> Lunch box in bin
<input type="checkbox"/> Pack lunch	<input type="checkbox"/> Read quietly
<input type="checkbox"/> Pack homework	

 Classroom Rules	 How to Pack Lunch
<input type="checkbox"/> LISTENING BODIES I will listen and follow directions.	<input type="checkbox"/> Get your lunch box
<input type="checkbox"/> RAISED HANDS I will raise my hand to share ideas.	<input type="checkbox"/> Get 3 ziploc bags
<input type="checkbox"/> QUIET MOUTHS I will use a soft voice.	<input type="checkbox"/> Put 2 cookies in a ziploc bag, then put it in your lunch box.
<input type="checkbox"/> WALKING FEET I will walk in school to be safe.	<input type="checkbox"/> Put pretzels in a ziploc bag, then put it in your lunch box.
<input type="checkbox"/> HELPING HANDS I will use my hands for helping and not hurting.	<input type="checkbox"/> Put a napkin in your lunch box.
<input type="checkbox"/> CARING HEARTS I will use kind words.	<input type="checkbox"/> Make a peanut butter sandwich, put it in your lunch box.
	<input type="checkbox"/> Pour milk into your drink box, put it in your lunch box.

- Include your child in back to school shopping. This is a great opportunity for your child to pick out their own school supplies, lunchbox, and backpack. This promotes independence and decision-making skills.



Agency News:

- Our annual Meet and Greet Family Fun Event is on Saturday, September 28th 10am-12pm at the Middletown Recreation Department. There will be games and activities for kids of all abilities. Kids will have the opportunity to meet and greet the Police, Fire Department, and there will be other community agencies attending.

Lisa's Coaching Corner:

Lisa has created this resource on helpful tips to transition your child back to school. Click the link to view:

<https://drive.google.com/file/d/1CMnOsQH71VYdf8aOr91CHfngZ2f6KBF/view?usp=sharing>

Check out this additional article by Lisa on 5 ways to stop escalating your child's behaviors:

https://docs.google.com/document/d/1L6ShLGZthiMfWXi6_JOVR3BLt-pF7aM9Pkp8WiWQyo/mobilebasic



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