

# Accepting the Spectrum

AUGUST 2025 Newsletter

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BACK  
TO  
SCHOOL

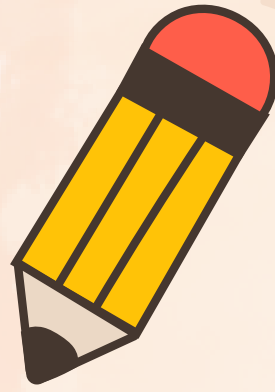


COLLABORATIVE  
ABA SERVICES, LLC

August is nearing its end! This means many of our clients are preparing to head back to school. Transitions can be so exciting but also challenging for children - especially when new teachers, classrooms, routines, and expectations are involved. At Collaborative ABA Services, LLC, we want to support your family during this transition with practical ABA-based tips and tricks to help your child feel confident and prepared.



**Practice Routines Early!** Start moving toward the school schedule a week or two before the first day. This includes bedtime, wake-up, and morning routines. Consistency helps children adjust more smoothly.



**Use Visual Supports such as schedules, checklists, or picture icons.** These can help make the new school day more predictable and less overwhelming. Read through them together each morning!

**If possible, visit the school!** If they allow this, take a tour, meet the teacher, and walk through the classroom and hallways with your child. Pair this experience with praise or a preferred activity to create positive associations.

**Role play new situations.** Practice saying “hello” to a teacher, lining up, wearing a backpack, or asking for help when needed. Role-play can help build confidence for when the scenario arises and reduces anxiety.

**Pack comfort items for your kiddo.** If allowed by your school, include a small fidget, photo of the family, or comfort item in your child’s backpack to support self-regulation throughout the day.



# Agency News and Staff Updates

Please welcome Victoria, Licensed Social Worker!

Victoria is a dedicated professional who earned her Master's degree in Social Work from the University of Saint Joseph in West Hartford, CT. With over 15 years of experience working with children, including 10 years in Applied Behavior Analysis (ABA), she has developed a strong commitment to supporting children in reaching their fullest potential. Victoria is passionate about creating a safe, supportive, and encouraging environment for the children and families she works with. In her free time, she enjoys traveling, exploring new places, and spending quality time with family and friends.



## Lisa's Coaching Center

*The*  
**Autism Mom**  
*Coach*

In collaboration with Lisa, The Autism Mom Coach, please see the following links. Feel free to browse her website, book a consultation, or listen to her podcasts, one of which addresses back to school for children with autism!

[Click here for Lisa's website](#)

[Click here for back to school podcast!](#)

# Join us for our annual Meet and Greet!

## ANNUAL MEET & GREET



COLLABORATIVE  
ABA SERVICES, LLC

Featuring Middletown Rec,  
Middletown Police and  
South Fire District



Saturday September 27, 2025  
10am-12pm

140 Wilderman's Way Middletown, CT

FREE event with additional community  
resources, food, games, and family  
activities!



Register Here!

<https://forms.office.com/r/gMzGsSz7hs>