

Tips for Back to School

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SET UP FOR SUCCESS:

1. Designate an area for homework. Set up a station at home with school supplies such as pencils, glue, scissors, erasers, markers, crayons, construction paper, and a white board with dry erase markers. Choose an area away from distractions such as TV.
2. Create a folder for notes and permission slips so everyone knows where to find them.
3. Decide where to keep backpacks, shoes, and coats so they are readily accessible for busy school mornings.

WHAT CAN THE KIDS DO?

- **SLEEP**
 - It takes about 2-3 weeks to get used to a change in sleep schedule. Start getting back into a school sleep routine early.
- **TRANSITIONS**
 - Practice transitioning from one activity to the next by setting a timer and giving a one- or two-minute warning before moving to the next activity. This can help kids to start thinking about those classroom transitions from one subject to the next. See our *Tip Sheet on Transitions for more help with transitioning from one activity to the next.*
- **SOCIAL-EMOTIONAL REGULATION**
 - Practicing calm-down strategies before your child gets upset can help them when a situation occurs at school.
 - Several times a day, have your child squeeze their muscles tightly and then release them, or use a breathing strategy. Praise them for practicing with you.
 - They can trace their fingers and breathe in while tracing up and breathe out while tracing down. This is referred to as wave breathing or five finger breathing.
 - When your child begins to get upset, prompt them to use the strategy you've been practicing. They may find it easier to calm down.

RECOMMENDED BOOKS:

