

5 ideas to help your autistic child transition back to school

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Whether after lockdown or after a school holiday, the infographic below offers ideas to transition autistic children back to school.



5 IDEAS
TO HELP YOUR AUTISTIC CHILD
TRANSITION
BACK TO SCHOOL

Some children will have been out of school for a few weeks
Careful transition back will be important

01

Write a social story

Use a communication method appropriate for your child - photos, images, words. Tell the story of your child (or another child if easier for them) going back to school and what they might expect.



Create a planner

02

Make a planner so you can count down the days. Use lots of visuals. Can there be something to look forward to on the day they go back to school?



03

Use photographs and videos

Have you got photographs and videos of times your child enjoyed themselves at school? Use these to remind them they can enjoy school.



Visit the school before it is fully open

04

Will the school or teacher allow you to visit with your child while it is still quiet so your child can familiarise themselves again?



05

Pack items that can reduce their anxieties

Has your child got a favourite toy, pencil case, jumper? Having something familiar with them could help reduce their anxieties.



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For UK government guidelines for the reopening of schools after lockdown click [here](#)

If you need support in getting a specialist independent placement for an autistic child or young adult, we can help. Click below for our Autism Schools and Colleges Placement Support Service.

**Click here for our
Autism Placement
Support Service**

