

10 Top Tips

Essential Back to School Planning with *Autistic Kids*

- 1 If new shoes are needed, always buy early and have your child wear them at least 5 times before school starts.
- 2 Wash all their uniform so it smells good. New uniform should be washed at least 2-3 times to soften it up.
- 3 Remove any scratchy labels or tags and adjust waist elastic *before* your child puts the uniform on.
- 4 Get your child to wear their school uniform at home, either all together or a bit at a time.
- 5 Make a checklist of all the equipment your child needs for school and get ask your child to help you pack their bag.
- 6 Don't forget to include sensory aids such as ear defenders, fidget toys and pen grips.
- 7 Have a practice run putting on the full uniform, shoes, coat, backpack and lunch box to familiarise your child.
- 8 Make sure you practice the walk to school so your child knows the route and how long it takes to get there.
- 9 Talk about school as much as possible and listen to any worries your child has so you can address concerns early.
- 10 Use social stories to explain how the school day will work, where they will go and what will happen.