

# Back to School Tips For Younger Students

*Depending on your child's school setting and abilities, you can individualize our suggestions to make them a good fit for the student during the back to school process.*

Prepare your child. Create a social story or **picture schedule** for school routines. Start reviewing and practicing early.

If your child is used to sleeping later in the summer, start to **prepare for an earlier morning** by waking your child a bit earlier each day as the first day of school approaches.

If possible, arrange to **visit his/her teacher** and the school a week or two before the first day. Take your digital camera on your visit, so your child can have a photo reminder of the setting. The teacher may be able to show your child his desk or locker or the lunch room.

If you can't visit with the teacher, you can at least **visit the school building**, and perhaps spend some time on the playground.

**School supplies** - get them well in advance so that your child can get used to them. Keep any favorite items from last year. Some kids feel rewarded by all new supplies, and others may prefer the "old friend" items.

**Color code notebooks and materials** (including making text book covers) for different classes. Blue equal's math, red equals English, etc. Color coding will help your child identify and keep their materials together and the colors can be integrated with a picture schedule.

Get **school clothes**, uniforms and shoes early. You may want to wash them a few times. Ensure that your child feels as comfortable as possible in his/her new outfits for school.

[Autism Speaks School Community Tool Kit](http://www.autismspeaks.org/community/family_services/school_kit.php)

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