



AUTISM ACADEMY
for Education & Development®

Tips for a Successful Transition Back to School

Many students with autism benefit from preparation and consistency. The following strategies can help make the transition smoother:

1. Reestablish Routines Early

Begin practicing school routines several days before school starts:

- Wake up and bedtime schedules
- Morning hygiene routines
- Mealtime schedules
- Screen time expectations

Predictability helps reduce anxiety and increases confidence.



2. Practice the School Morning Routine

Walk through each step of the morning:



Getting dressed



Packing backpack



Eating breakfast



Getting into the car



Arriving at School

3. Use Visual Supports

Visual schedules, social stories, calendars, and countdowns can help students understand what to expect and reduce uncertainty.



Discuss exciting aspects of returning to school such as:

- Seeing friends
- Favorite activities
- Meeting teachers
- Learning new skills

4. Speak Positively About School

Your positive attitude can help ease student anxiety.

5. Allow Time for Adjustment



It is normal for students to experience increased emotions, fatigue, or behavioral changes during the first few weeks of school. Be patient as routines are re-established.

6. Communicate with Staff

Please share specific concerns, triggers, successful strategies, or changes at home that may impact your child with your child's teacher. Strong communication helps us provide the best support possible.

Together, we can make the transition back to school a positive and successful experience!

