

# A Back to School Timeline from *Have Dreams*

Heading back to school from summer can be exciting and anxiety producing for all of us. For someone with ASD, it is best to start the conversations early to get them familiar and comfortable with the changes in schedules and routines.

## 3 Weeks BEFORE School Starts:

- Go with your child to take pictures of the school and walk the campus so they can get familiar with the doors they will be walking through, what the building looks like, where they will be dropped off in the morning and picked up after school.
- Try a playground visit at the school when it is not busy and work on building positive routines there by playing with different equipment and learning where the school boundaries are for safety.



## 2 Weeks BEFORE School Starts:

- Try some role playing of “what to do’s” at home or a comfortable space for your child. Practicing different scripts and device use as well as problem solving skills can help prepare your child and relieve some of that anxiety of the unknown.

“What to do when you meet someone new”  
“What to do if you can’t find your classroom”  
“What to do if you have a new teacher”



- Review emotions you might be feeling while at school and what to do with those feelings

## 1 Week BEFORE School Starts:

- Start practicing early bedtime routines again and morning routines so that your child gets more comfortable with the change in schedule and knows what the expectations are. Adding a visual to-do list of what to do in the morning would also be helpful.
- Keep talk about the start of school upbeat to help build positive routines and thinking around school!

