

Using **visual prompts, timetables and checklists** with personalised themes can help with preparation and reduce feelings of worry.



Try to answer questions with **facts** where you can and if you can't be sure then say you will find out.

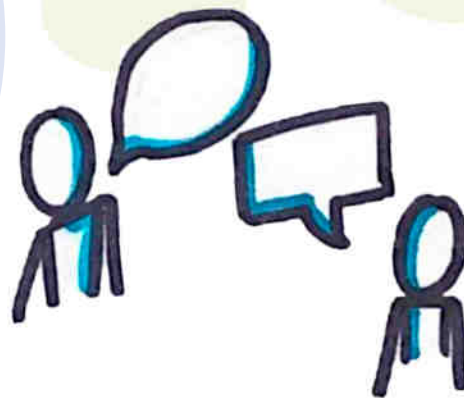


Starting conversations about going back to school sooner rather than later will ensure there is time for your child to share their worries, think through problems and for you to **find solutions together.**



Taking **small steps** try to break down and slowly introduce new routines early, for example putting school uniform on for a few minutes each day can help to get used to wearing it.

5 TIPS FOR FAMILIES



The things that we as parents are worried about might not be the same as our children so **ask** them what they need to know to feel prepared.



.... thinking about going back to school for children and young people with Autism ...

