



# SUCCESSFUL TRANSITION TIPS

*Supporting a successful transition back to school from Summer for students with ASD*



1. Try to keep sleeping patterns to the same routine as possible during the last few weeks before school begins. Especially returning to typical bedtime hours at least 3 days prior to the start of school, regardless of the age of your child/youth.
2. Remember to create a bedtime routine that includes quiet calming activities like bathing, reading a book, and mindful activities before bed. Reduce screen time at least 2 hours beforehand if possible. ([example](#))
3. Continue to support routines and setting expectations as you go through the summer, especially when you begin to plan for the transition back to school. Routines and expectations can become more flexible over the summer months and resuming a formal schedule and setting expectations can be difficult as your child returns to school. Watch these videos on tips to support successful routines and setting expectations. ([building successful routines](#) & [setting expectations](#))
4. Use a calendar to mark the return to school so your child/youth can predict how their schedule will change in the coming days. ([calendar example](#))
5. You may want to consider introducing a visual schedule of the day, if you haven't been using one over the summer to help your child/youth be more aware of what they will be doing each day, eventually adding in some learning activities in preparation of school starting. ([visual schedule pictures](#))
6. Talk about your child/youth's school, teachers and peers. Show pictures of them if you have them, refamiliarizing your child/youth with people and places they will be going back to. Drive by the school and play in the yard.
7. If your child/youth has gotten a new toy or is interested in a new character or game, be sure to share this information with your child's/youth's teachers. Knowing your child's/youth's new interests or preferences are very helpful and can be used to incorporate them in learning activities and develop friendships with peers. ([Child reinforcement survey - youth reinforcement survey](#))
8. Help your child/youth create a good-feelings box that they can bring to school. Have it include pictures, familiar objects and affirmative statements that bring them joy and help when they are feeling overwhelmed or anxious. This can be brought into school and shared with staff and/or kept in their classroom or locker. ([good feelings box link](#))



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9. Fill out or create your own All About ME package that can be shared with your child's/youth's teachers to help inform them of their strengths, interests and communication needs. ([child link](#) & [youth link](#))
10. Create a social story about returning to school, highlighting what your child/youth enjoys at school and identifying strategies they use as a reminder of what to do when feeling overwhelmed. This may be helpful to have on hand and review a few days in advance of school.
11. Before the start of school, start to plan what your child/youth will need to have ready the morning of the first day. Prepack their knapsack, having them participate in what will go inside. Pick a location in your home close to the doorway where it can be placed and kept each day. Consider including this in their visual schedule. ([ready for school](#))
12. If your child/youth will be taking transportation to school, i.e., school bus, special transportation or city bus. Consider what information they may need, what self regulation strategies they could access during these possible hectic transitions and what will help them to remember/understand the routine. If you have tips for the driver of your child's/ Youth's driver, consider writing them down and sharing it with the driver on the first day or before if possible. ([article and resources for parents](#) & [tips for drivers](#))
13. Will your child/youth be expected to use a locker and have a lock? Practice following the directions to opening and closing the lock, putting it on a locker at your local recreation centre when they go swimming or do other activities. ([video](#))
14. Don't forget to talk about the school, staff and activities in a positive way and reinforce your child/youth for positive thinking regarding school. It will be an exciting new year with lots of learning and fun will happen!



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