

## Some other things you might want to consider:

### Over the summer

- Find a bedtime book about starting school to read to your child
- Practise some routines like going to the toilet and washing hands

### The week before starting school

- Establish a school-friendly bedtime routine
- Practise the school run
- Introduce morning visuals if necessary – getting dressed, having breakfast, brushing teeth etc

### The day before (or a few days before) starting school

- School clothes laid out
- School bag packed
- Snacks prepared

### On the day:

- Stay calm and reassure your child. If your child is particularly anxious you may want to consider allowing him/her to take a favourite toy for comfort.
- Take a photo to look at when your child gets home from school. This is a big day for both of you after all and you'll both want to talk about it!!



## Transition from Early Years to Primary School

for children and young people with  
Autism Spectrum Disorders

### Information for Parents

Your child will soon be starting at their new primary school. This will involve lots of changes to their social and learning environment. This booklet has been designed to give you some help in supporting your child to effectively manage the transfer from primary to secondary school.

Moving from early years to primary will be a big move for your child and invariably there will be challenges along the way. Feeling anxious about your child starting school is completely normal but strategies that enable parents and school staff to work in partnership should ensure that the transition process is both smooth and successful.

This leaflet has been designed to provide you with some information about how this partnership can work and how you can support your child through the process.

## **Communication and familiarity**

- Ensure that you attend transition visits and meetings to get to know school staff and to provide school staff with information about your child.
- Find out from your child's early years establishment when a 'Moving On' booklet and 'Passport' will be completed for your child and be involved in this. This will allow you to give information relating to your child that will be passed on to staff within the primary school. This will help to ensure that they are aware of your child's needs and how to support your child in school.
- Ask if the school will provide a home/school diary that you will be able to use to communicate with staff on a daily basis.
- Use the 'Moving On' booklet to familiarise your child with his/her new school.

## **Homework**

Your child will probably start getting homework fairly soon in the new term. It is important that your child is supported to be organised and that homework does not become overwhelming.

- Find out if the school operates a homework diary and talk to your child about this.
- Find out what how much homework your child will be expected to undertake and if this is causing problems speak to school staff immediately.
- Try to designate a quiet area for your child to work in, preferably not in front of a t.v. or somewhere where there are lots of distractions.

## Uniform

Every school in Glasgow has a dress code and a specific school uniform. To promote a sense of belonging and for health and safety reasons, pupils are encouraged to wear school uniform.

- If your child has any sensory issues that might affect his/her ability to wear a certain item of clothing you should speak to staff prior to your child starting school. In most cases a suitable alternative can be agreed.
- Find out if the school supplies uniform or where your nearest stockist is.
- Buy clothing and shoes that are easy for your child to put on/take off e.g. Velcro fastenings on shoes instead of laces
- Find out if there is a specific P.E. kit
- Label your child's clothing with name labels and show the label to your child over the weeks prior to school starting so that your child will be able to recognise it.

## Lunch and break times

Lunch and break times should be periods of the day when your child can relax with their peers, but for some children these less structured times can be very problematic.

- If your child has any sensory processing difficulties you should make staff aware of these prior to your child starting school. E.g. noises, smells, crowds. Staff will work with you to offer solutions to support your child in any situation that may become stressful for them.
- Ask your child whether they want school dinners or packed lunches. Discuss any food issues with staff prior to your child starting school to help reduce situations where your child may become anxious.
- Find out how much a school lunch costs and if a pre-paid card is used. Ensure that your child has enough money to pay for lunch / has credit on his/her lunch card to reduce anxiety.
- If your child is entitled to free school meals ensure that any necessary paperwork is sorted out as soon as possible so that this can be processed.

## Relationships with other pupils

Children and young people with ASD may struggle to adapt to the new social dynamics and relationships and can often misinterpret social cues which can mean making friendships and social integration is harder to achieve.

- Find out if any of your child's friends from nursery will be in their class talk to your child about this
- Find out if there are any summer activities taking place within the local community that your child might be interested in attending. These could provide opportunities for your child to meet some other children who will be attending the same school
- Find out if there are any after-school activities / clubs that your child might be interested in.

- Find out when the transition visits are for your child and what the arrangements are for these visits. You may be asked to be involved in the visit programme.
- Ask if the school operate a 'buddy' system and if they do ask for a photograph of your child's 'buddy' to be included in the 'Moving On' booklet.
- Find out what equipment your child will need when starting school and make sure your child is familiar with these items prior to starting school.

## Travelling to school

- If your child is going to travel to school by taxi or bus, take them on the journey a few times in the weeks before starting school.