



PARENTAL ADVICE FOR PREPARING A CHILD OR YOUNG PERSON TO RETURN TO SCHOOL

The ideas below were initially written for parent/carers of children and young people on the Autism Spectrum. However, parents/carers of any student who is likely to find it a struggle to return to term time routines are encouraged to check out these ideas in case they might help.

Order these preparation steps to suit you and your young person - each to be done gradually in small steps.

These steps could be put in place either every week day or if a very gradual reintroduction is needed, then on certain days of the week building up to five days by the time school re-opens.

Create (or encourage your young person to create) a timetable or plan of implementation if it would help you and/or them to have it visually displayed.



1. Bring Mon – Fri **getting up times** forward bit by bit until within 15 minutes of normal school getting up times
2. Insist on your young person **getting dressed** by a set time each Mon – Fri. Bring that time forward gradually until it is within 15 minutes of normal school getting dressed time
3. Encourage a normal school day **wash/shower routine**
4. Encourage your young person to have **breakfast** by a set time each Mon – Fri. Bring that time forward gradually until it is within 15 minutes of normal school breakfast time. If they used not to bother with breakfast, take this opportunity to try and introduce it into their morning routine
5. **Screen time** in the evenings; gradually adapt if required until it fits your usual family rules/routine for term time
6. Encourage **getting to bed** by a set time each Sun - Thurs. Bring that time forward gradually until it is within 15 minutes of normal school lights out time
7. Obviously allow **Sat and Sun** to continue as you wish
8. If possible **reward each step** achieved in a very small way such as extra gaming time
9. Encourage your young person to talk with or message friends to plan meeting up to **walk to school** or to meet up at school if driven. Alternatively, talk with parents of their friends and agree plans together for encouraging all of them back to school