Eavesdropping on experts

**Tips for starting a new school term or year Tip 1**

[Music]

Michelle, Autism Coach

So for starting a new school year or a new school term my number one Top Tip would be to have lots of conversations

with the student and really prepare them for that change and talking about not just about what’s going to be different but really focussing on the things that’s going to be the same. It can really be useful if we remind students that lots of things are going to be familiar and predictable and the same, and that’s a great strategy for preparing a student for something that’s new.

Chris, I CAN Network

I think, yeah, my first tip would be, before the term begins I think it would be great for either Primary or Secondary teachers to ask the learner if they're on the Spectrum or not, for a bit of a "All about Me", a bit of a One Page Profile, how that young person Learns, what they might need to process instructions, what Time Out might look like for them, what might trigger any worries or stress on their part and also what calms them down. If you've got a young person that might struggle to initiate that type of profile the you could work with the Parent beforehand but that would be my first tip for, even before your first class begins, try an ask for a bit of an "All about me", get that young person to introduce themselves to you, make it, and ask them to put some personality around it, therefore they might enjoy that more.

Dawn, Researcher

So our Top 3 Tips for Starting a new school or new school year would be the 3 C's. First of all we've got Communication, Collaboration then Consistency and Predictability. So for communication, we would encourage people to talk between the parents, the children and the school staff. So describing who the child is, what their Autism Profile is and what this means in the classroom. Collaboration means working together - there are many people in the lives of children on the Autism Spectrum and it’s really important that everybody works together, so that might be the teacher from the old school speaking to the teacher from the new school or the Speech and Language Therapist also speaking to the Support Staff at school. And the final one is Consistency and Predictability, so you can't underestimate how important predictability is on for children on the Autism Spectrum. So if it's possible, allow the child to visit the new school, the new class, the teacher, maybe find out what the timetable is for the first few days. This will help to reduce anxiety and allow the child to settle in to the classroom, the best they can in the new school term.

[Music]