

I have Autism  
and I am  
going back to school  
after summer break...



# I may struggle with...

My new surroundings

Communicating my wants, needs, feelings, and more

Transitions or ending a preferred activity

Peer interaction

Following classroom rules and routines

Staying on my "teacher's time"



# You can help me by...

Attending back-to-school night so I can meet my teacher  
and see my classroom

Practice our morning routine

Use visuals during any difficult times during the routine  
so I know what I am suppose to do



# You can help me by...

Have an open discussion/email with my teacher (and any others who may work with me) about my favorite things, my triggers, calming strategies, and means of communication

Set the expectation to maintain regular communication between team members to help me be as successful as possible



# You can help me by...

Share contact information for any of my outpatient or private therapists to allow collaboration with all of my team members

Ask team members to attend IEP meetings and/or send written notes on their behalf



# You can help me by...

Share any visual schedules or ask what visuals they use in the classroom to help me

Share any information about my communication device or signs I use

Ask about programming teachers or others who I work with often into my device or visual communication

