

IRELAND'S AUTISM CHARITY

AsIAm's Secondary School Tips





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Ask the school if it's possible to visit the school so your child knows where to go for classes and to store their belongings.



Allocate a designated "Safe Person" for your child to help them if they feel overwhelmed or need assistance. They can be a teacher or their friend if they're going to the same secondary school.



Have a practice run of going to school, so they know where to go and have the timing down.



Build up what the daily routine for school will be like, such as waking up at a similar time each day.

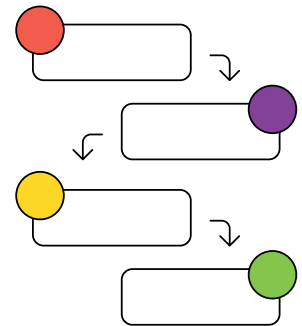




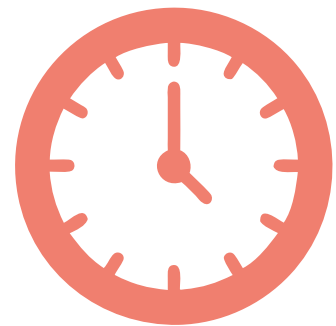
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For projects or homework, break them down into steps and give a tick when the task is done.



If your child is overwhelmed by the amount of homework, give them breaks in between to help regulate them. For example, 20 minutes of Maths, then a 5 minute break and repeat until Maths is done.



Make a checklist for the night before school to go over things they need in their school bag, such as personal items and notebooks.



Have a sensory toy, so if they feel overwhelmed they can have access to it throughout the day.

