



TRANSITIONS (HOME & SCHOOL)

Five Top Tips from parents to help your neurodivergent child to move between home and school.



Give Them Some Space

Give your child some time alone when they come home from school so they can decompress after the school day and adjust back to home life.

Communicate With The School

Information sharing between home and school is very important so have regular communication with your child's teacher. This could be via a face to face meeting, email, a home-school communication book or just a quick chat at the school gate at drop off or pick up.



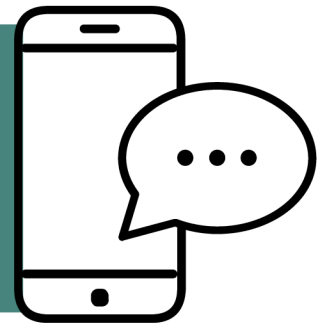
Talk About Problems Later

If your child has had an issue during the day in school and their teacher hasn't been able to establish the cause, it may help to chat to your child about it at home later in the evening when they are calm - "This has helped us discover many things our child was struggling with and we were then able to discuss the issues with the school and put in place some adjustments to help."



Ask for Advance Notice of Changes

Ask your child's school to notify you or your child in advance of any changes. For example if there is going to be a different teacher covering the class or if there will be a change to the normal daily routine (e.g. the PE session will be at a different time to usual).



Have a Morning Routine

On school days, have a consistent morning routine which allows plenty of time to get ready. Rushing can add to your child's anxiety levels and this could have an impact throughout the day.