



TRANSITIONS (IN SCHOOL)

Five Top Tips from parents to help your neurodivergent child move between spaces in school

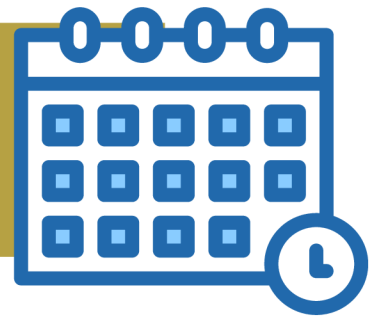


Leave Early

Consider asking your child's teacher if it's possible for your child to leave the class 5 minutes earlier, so they're not in corridor with many other children in between classes

Know Their Timetable

Have a copy of their school timetable at home, so you can talk through potential areas of difficulty with them outside of school.



Have a School Buddy

See if their teacher can ask them if they want to take a friend with them to transition between classes, or activities (lunch hall or playground). This doesn't have to be the same person every time, and they don't have to if they don't want to, but it might help to lower their anxiety.



Lunchtime

Lunchtime can be a huge problem for some children, as lunch halls are busy and often overwhelming for the senses (eg. noises and smells)- ask the teacher if your child might collect their dinner at a quieter time and ask for the menu to keep at home, so they can think about what they might like for lunch in advance.



Communicate With The Teacher

Inform your child's teacher if there are times when your child might need some extra support or be more disregulated than usual. E.g. if they haven't had a good morning at home, if they are ill with a cold and haven't slept well or if there has been a family birthday or an activity on the weekend and your child may be affected for a few days afterwards.

