



5 Top Tips for *Back to School*

1. Read the Government Guidelines.

All the changes for this school year can be confusing. If you understand the regulations, you can explain them to your child.

2. Understand the School Guidelines.

Contact your School about the specific procedures for students with ASD.

Explain the Covid-19 regulations such as those around hand washing, social distancing, masks and coughing/sneezing into your elbow/tissue.

3. Prepare your child for the return.

Start to get into routine for sleeping, etc.

Talk to your child at home about:

- Drop offs and pickup
- Pods
- Transport
- School bags

4. Remind them of the positive things in school that they can

look forward to. There are so many exciting things in going back to school. It's important to remember that we will be meeting friends, teachers and doing fun activities.

5. Mind yourself! Don't forget to look after your own physical and mental health.

You and your children will be happier and healthier if self-care is a priority.

Visit tres.ie and our Twitter [@TResAutism](https://twitter.com/TResAutism) for more advice & resources

