

**Supporting a positive
transition to school:
Day to day**
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Victorian Autism Conference 2010

Outline

- Introduction
- Supporting transition: Working with school
- Supporting transition from home
- Successful strategies used by school
- Questions

Introduction

Introducing our family...

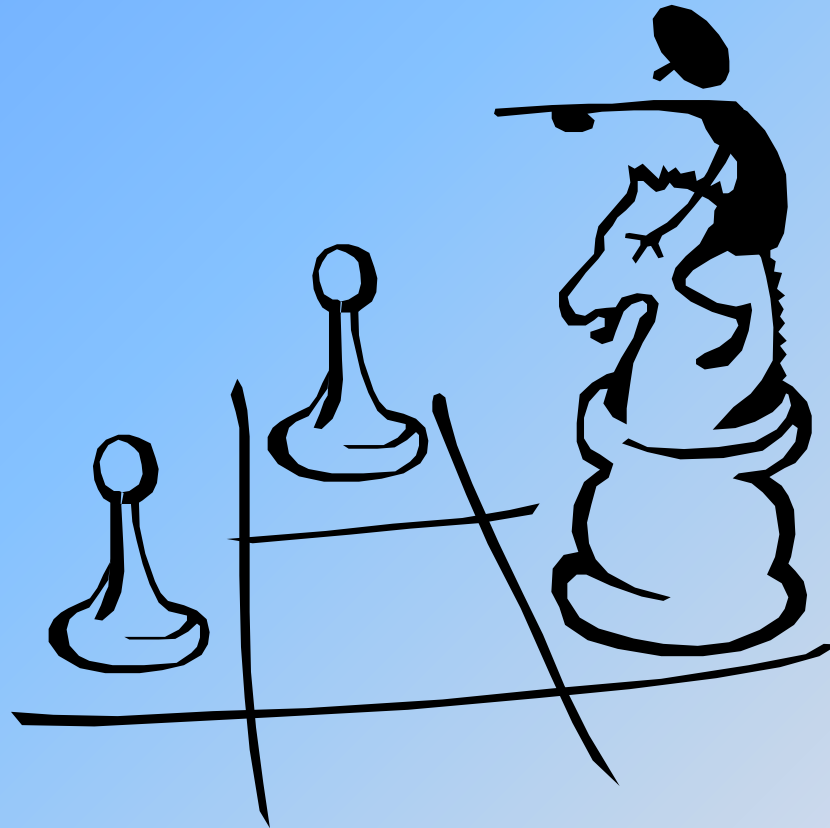


Our challenge...



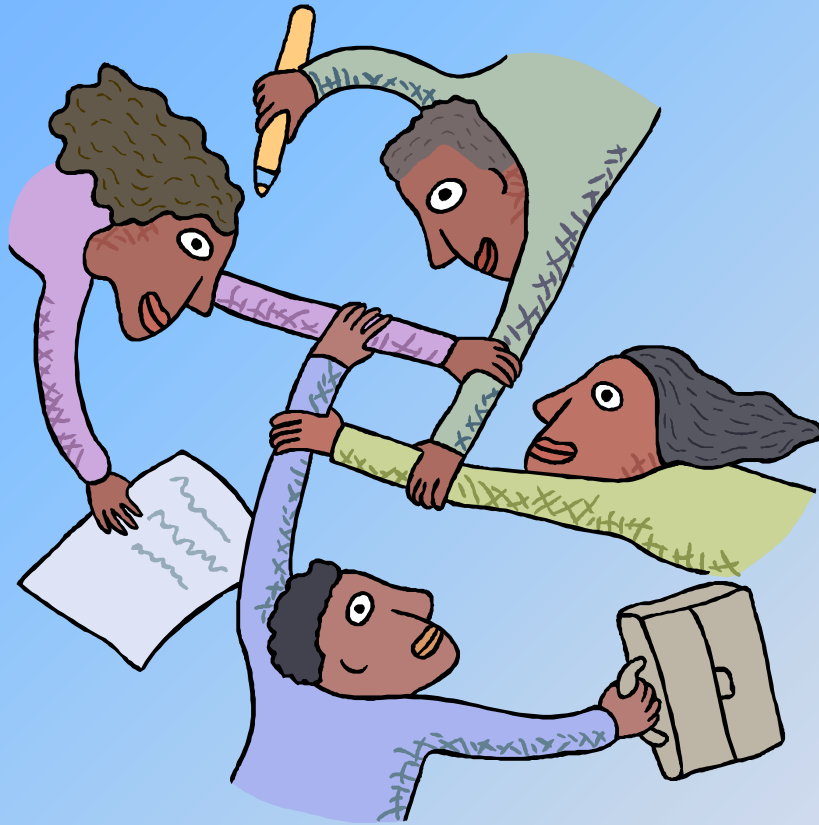
Change, crowds, writing...

Our approach...



Plan, prepare, rehearse (and stay positive!)

Our transition team...



Psychologist, Kinder staff, Early Intervention, School

Supporting transition: Working with school

Working with school...



May	Contacted school
June	Initial meeting
Oct	Meeting about transition visits
Oct-Dec	Transition visits x 10
Nov	Prep teacher visited Kinder
Dec	Transition video made
Dec	Final transition meeting

Early discussions, transition timeline

Transition visits...

Arrival at school

Classroom activities

Lunch

Art

Music



Assembly

Recess & toilets

Library & computers

P.E.

End of day

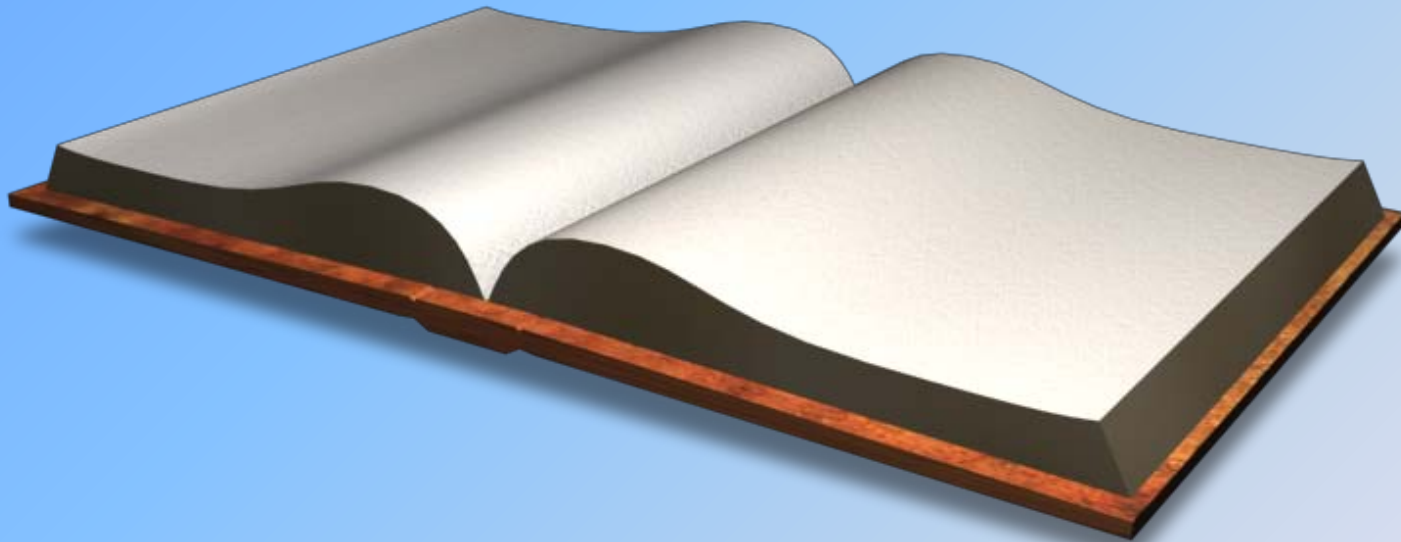
One step at a time: a visit for everything...

Using Social Stories™ to prepare for school...



Raising your hand, assembly, quiet voice etc...

Sharing strategies...



Providing an information folder...

Communicating with school...

Always happy to provide information

Description of our family's approach

Key Messages



Confidence in school

Steps already taken to help work on weaknesses and develop strengths

Awareness of the extra time & effort required

We look forward to working **with** you!

A letter of introduction from us as parents...

Example Page – Specific strategies to address teasing and bullying

We have found the following in relation to bullying and teasing:

- Jay has read story books about bullying and is very anxious that it may happen to him. We will need to teach him what bullying is and is not.
- He is very black and white – once a child has done the wrong thing by him, they are “bad” forever (extra help will be needed to repair a relationship).
- Comic strip conversations (see next page) have been useful to debrief after an incident or misunderstanding – he likes the idea of “thought bubbles” to know what people are thinking.

A summary to help replacement teachers...



My name is:

I am:

I like:

When I get confused and don't understand what is going on I may...

I get upset when...

I may...

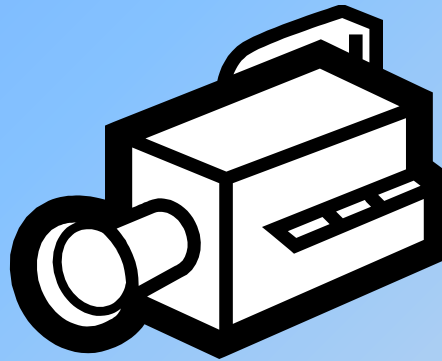
I learn and respond best when...

Making a transition video...

Reduces anxiety

Clearly identifies
playground
boundaries

Increases familiarity
with the teacher



Addresses
safety

Helps develop visual
map of classroom
and school

Teaches where
to get help

Helps to teach
routines

Communicates
positive expectations

To watch over the school holidays...

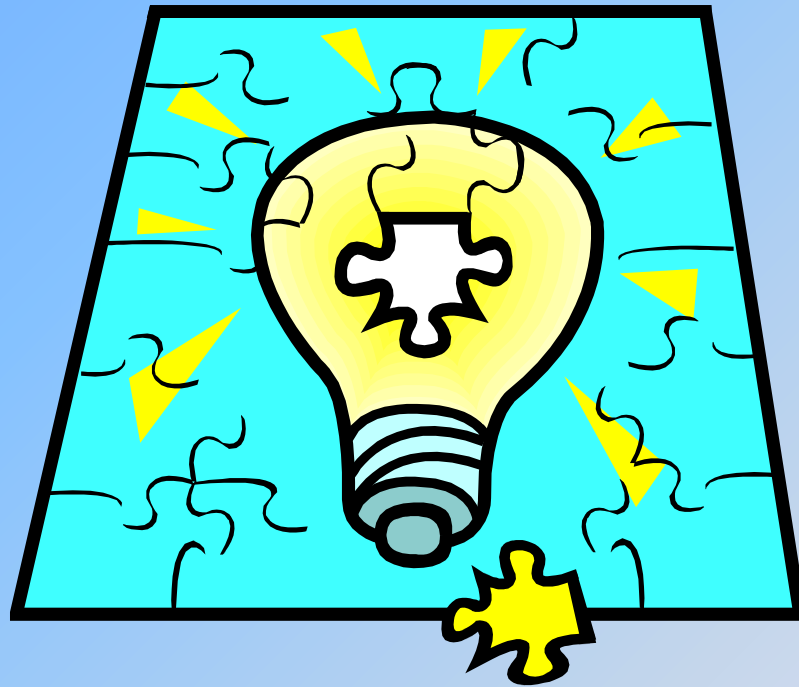
Supporting transition from home

Before day 1...



- Crowd exposure
- Playing in school yard
- 'Observing' school
- Visiting the office
- Role plays
- Quiet, happy holidays
- Countdown chart
- School week schedule
- Rehearsing it all

Anticipating problems & finding creative solutions...



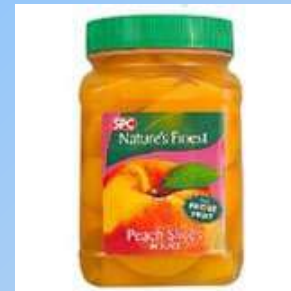
Dressing, hair, breakfast, being on time...

Jay's Breakfast

Drink



Fruit



Option 1



Option 2



Strategy – 'menu board' with visual options...

School morning timetable

Wake up!

Step 1 Choose breakfast options

Step 2 Eat breakfast

Step 3 Get dressed

Step 4 Clean teeth

Step 5 Pack school bag

Step 6 Watch TV, computer, read or play

8.30am Get into car

8.35am Drive to school

8.45am Park at oval and walk up to school

9.00am School starts



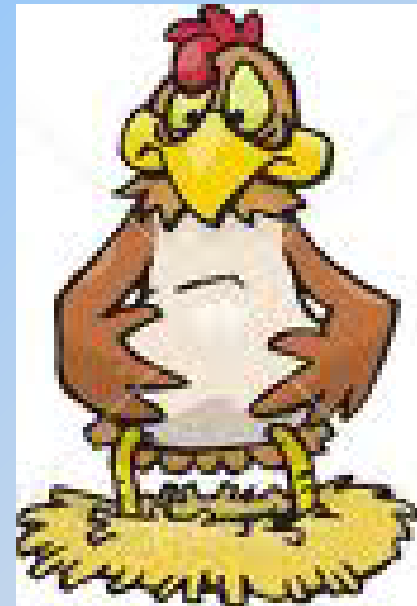
Social Story™ about present giving

- [Why we give presents](#)
- [When we receive presents](#)
- [Choosing presents](#)
- [Giving presents](#)
- [Letting the person open them](#)
- [Present time at a party](#)
- [Chit Chat first!!](#)
- [Opening my presents](#)
- [When I love it!](#)
- [When I don't love it!](#)
- [When I already have the same present](#)
- [When I am feeling disappointed](#)
- [Next time I see the present giver](#)

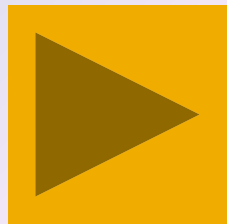
Example of Menu page with hyperlinks to different sections...

When I am feeling disappointed

- Sometimes I have a very clear idea in my mind about what a present will be.
- When I open it I might be disappointed if it is something else.
- I should smile and say “thank you very much”. This is polite.
- Often, when I get over my disappointment, I will start to enjoy the present I was not expecting.



Example of a page in hyperlinked story about presents...



Promoting Inclusion: a letter to parents...

Introduction –
wonderful kid with
some special needs

Some of his strengths and interests

Key Messages

Suggestions for
talking to their child

What is ASD?



Positive expectations
of being part of the
class

Some of his difficulties
parents / children may
notice

We are happy to
answer questions

Most importantly...

- ◉ Staying positive
- ◉ Solving problems collaboratively
- ◉ Celebrating success



Manners King

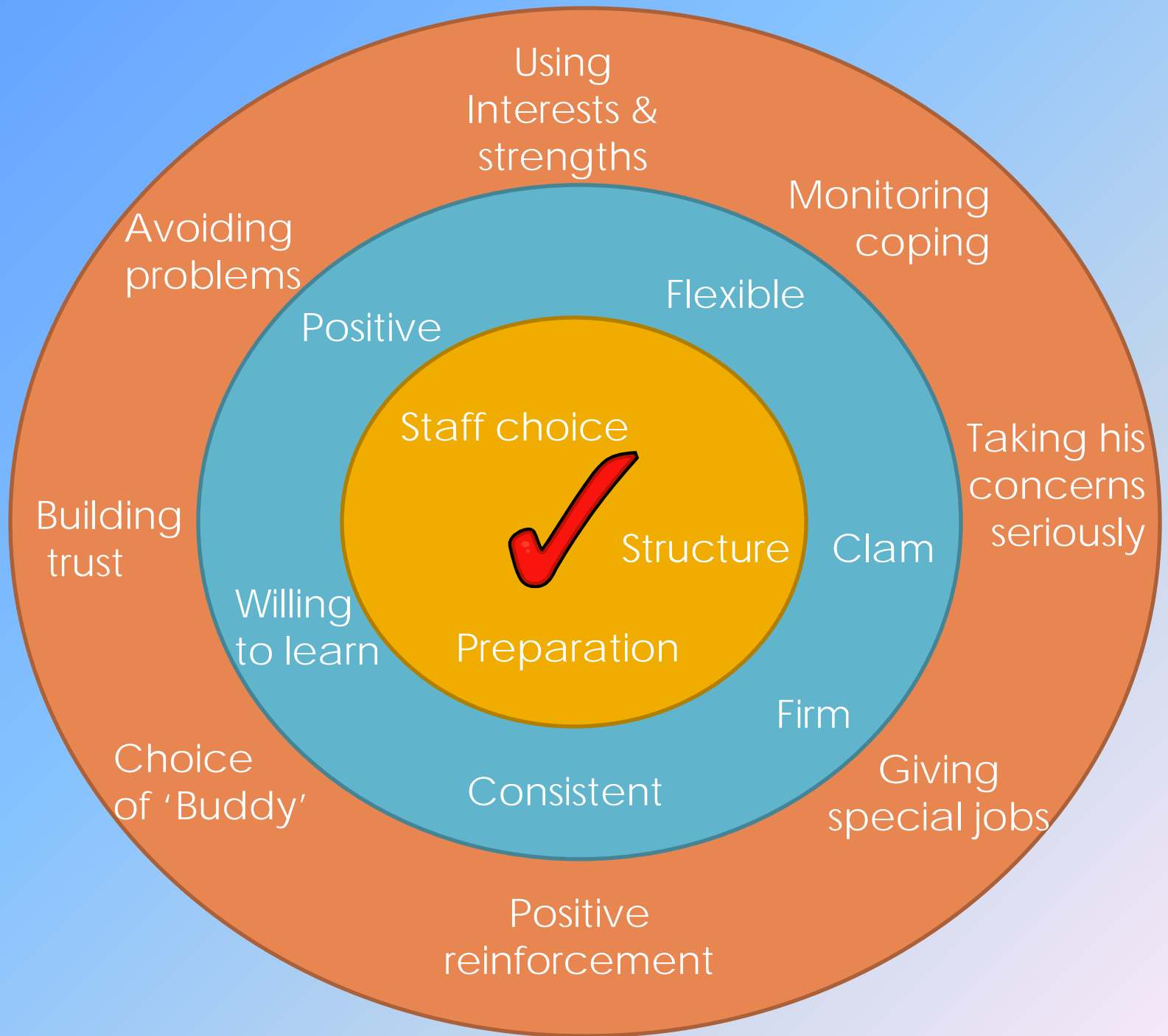
The following good manners were hereby observed this week to have been exhibited by the most royal Manners King – Jay...

E.g. Packing your bag to visit Grandma (being helpful)

Trying broccoli for the first time (being adventurous)

Bringing a toy to your sister (being thoughtful & kind)

**Reflections on successful
strategies used by the school...**



Using Interests & strengths

Monitoring coping

Avoiding problems

Flexible

Positive

Staff choice



Structure

Clam

Taking his concerns seriously

Building trust

Willing to learn

Preparation

Firm

Choice of 'Buddy'

Consistent

Giving special jobs

Positive reinforcement

The Result...

School makes me feel...



Self-assessment at end of Prep...

Questions?

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