

## Returning to school after lockdown – Advice from Autism West Midlands

As we move away from lockdown towards some degree of normality, autistic children will need support with these changes. Although we do not know what the “new normal” is going to look like or when this is likely to happen, recent Government announcements have stated that all children should be back in school in September. After such a long period away from school, this is going to be a difficult transition for all.

Our [Information sheet “returning to school” contains information](#) about how to support your child with transition back to school. You can find it here (coming soon). Preparation is the key and the following tips may be helpful.

- Talk to your child about their fears and feelings and share these concerns with school
- If you have explained why they were in lockdown, then explaining why they will be coming out of lock down is important
- Share with the teacher the vocabulary that has been used at home around Covid 19. What terms have you used: “pandemic”, “coronavirus”, “germs”?
- Talk about the positives of returning to school, e.g. seeing friends again or a favourite teacher.
- Find out what changes are in place at school and share these with your child. If the school has not provided social stories or information about what will be different, create them yourself
- If your child is sleeping later and staying up later, gradually get them accustomed to school times by bringing bedtimes and getting up times forward.
- Use a countdown visual as the return day approaches

More information about preparation strategies are contained in our information sheet [information sheet](#) and we have a recording of a webinar on this topic which can be found here.

<https://www.autismwestmidlands.org.uk/home/coronavirus/returning-to-school-after-lockdown/>

If you would like advice and information about returning to school please contact our helpline at [info@autismwestmidlands.org.uk](mailto:info@autismwestmidlands.org.uk)