



# Transition back to school (parents)

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23 August 2021





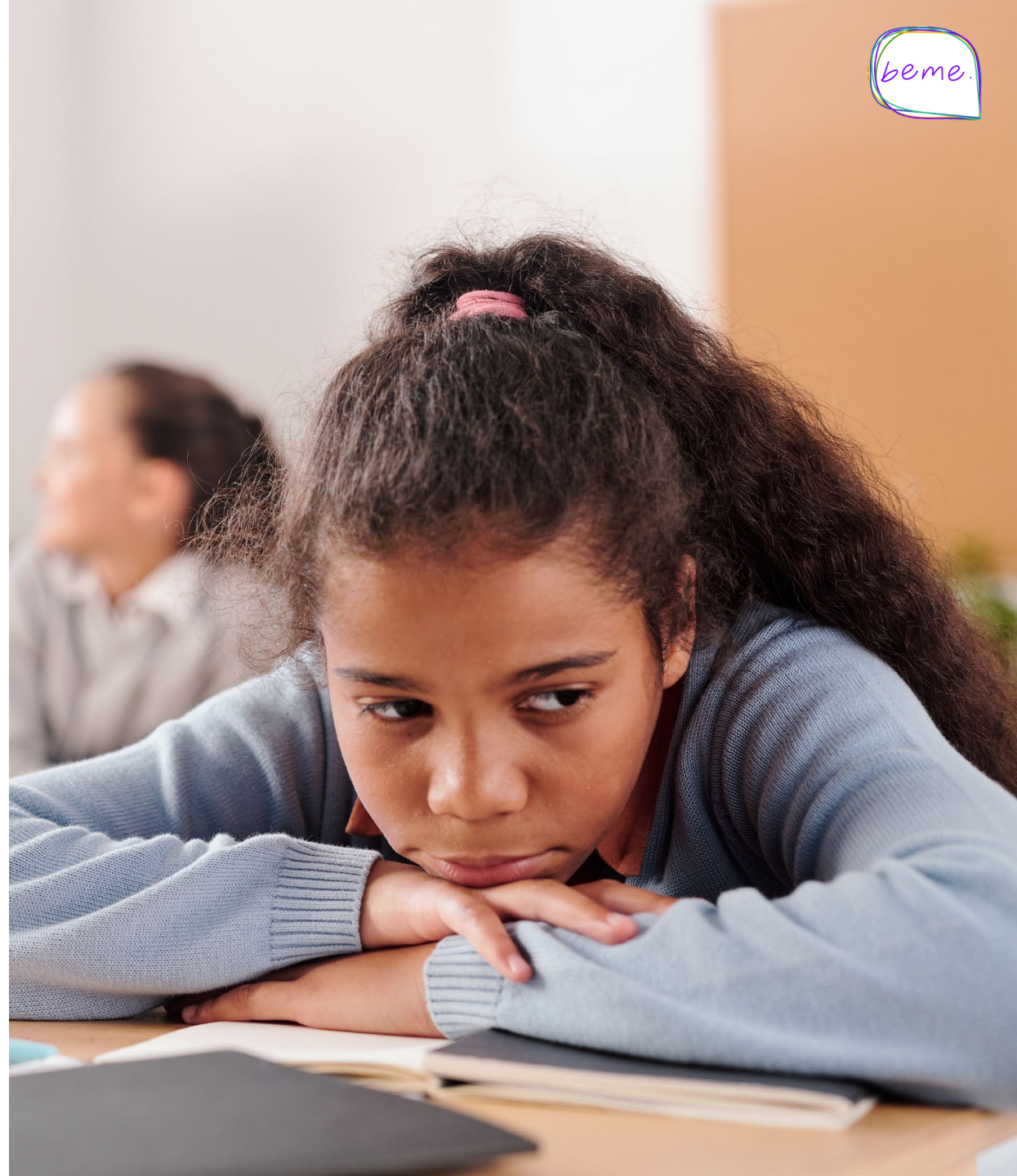
# Transitions can be challenging

Although this is a natural part of life, transitions can be difficult.



# Common issues during transitions

- Noncompliance
- Escape-maintained behaviors
- Aggression
- Decreased tolerance in completing routines
- Difficulties with following schedules
- Difficulty in completing routines in a timely manner.





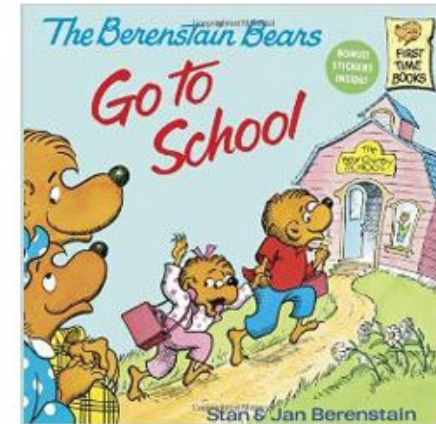
# Start early

Antecedent-based interventions focus on prevention of issues rather than managing them.



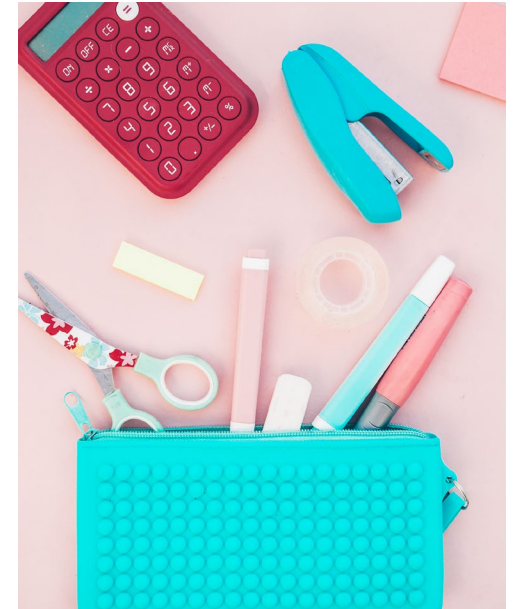
# Increase predictability

- **Communicate expectation statements**
  - Use schedules
  - Visual support
  - First then board
- **Let student know what the next thing is on the schedule**
- **Provide time for her to process information**



# Increase distinction

- **Prepare the right materials**
  - Books
  - Stationary
- **Structure the environment**
  - Arrange the room (antecedent based)
- **Decrease expectations in the beginning**



# Create structure

- Create structure as soon as possible
- Guide students instead of making choices for them
- Introduce gesture supports
  - Show & model to students instead of instructing and demanding
- Provide choices





# Adjust routines

- Make new schedule together
- Adjust bedtime and wake up time
- Start following new schedule in advance
- Implement them gradually

 <b>Morning</b>	 <b>Evening</b>
 We make our beds. <input type="checkbox"/>	 We clean up my toys. <input type="checkbox"/>
 We get dressed. <input type="checkbox"/>	 We eat our dinner. <input type="checkbox"/>
 We eat breakfast. <input type="checkbox"/>	 We take a bath. <input type="checkbox"/>
 We brush our teeth. <input type="checkbox"/>	 We put our pajamas on. <input type="checkbox"/>
 We brush our hair. <input type="checkbox"/>	 We brush our teeth. <input type="checkbox"/>
 We put on our socks and shoes. <input type="checkbox"/>	 We read a book. <input type="checkbox"/>
 We pack our bag. <input type="checkbox"/>	 We get into bed. <input type="checkbox"/>

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# Get familiar with new setting and teacher

- If possible, meet the teacher in advance
- Tour the school
- Do a drive by the school
- Increase familiarity
- Orientation
- Meet the LSA if necessary



# Records and plans

- **Have therapeutic plans ready**
  - SLT
  - ABA
  - OT
  - PT
  - Psyc
- **Have students' records organized and available**



# Practice school activities

- Talk about what will happen during the first day of school
- Rehearse packing lunches or bag
- Practice some expected school activities
  - All about me
  - What did you do in summer
- Revision on schoolwork





# Adjust Expectations

- Manage expectations
- Start with little
- Gradually increase expectations
- Use lots of reinforcement
- Remain calm and positive



# Family Rapport

- Maintain a long timeline of positive rapport before school starts
- Reduce anxiety
- increase flexibility within boundaries
- Keep lines of communication open
- Stay active
- Invite a friend to come play- preferably a friend that is in the same class



# Make school rewarding

- Consider allowing taking preferred items to school – one small toy
- Use child's topics of interests when choosing school supplies
- Pack their favorite snacks
- Talk about their favorite friend
- Make sure student has everything they need to bring to school to promote a successful first week





# Behaviors arise

- **Along the way you might run into some challenging behavior**
- **Strategies**
  - Functional communication training
  - Increase the reinforcement
  - Provide alternatives instead of 'no'
  - Pay attention to triggers
  - Shape behaviors gradually
- **Stay positive and show compassion**

# Reaching out

- Contact your SEN Coordinator
- Speak to teacher
- Speak to your behavior analyst



# Questions?







# Contacts

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**Thank you!**

