

ABA Connections of PA Newsletter

BACK TO SCHOOL

TIPS FOR A SMOOTHER TRANSITION

Summer vacation is coming to an end and the first day of school is just around the corner. This time of year can be both exciting and stressful, especially for children and their parents. Back to school time can be especially stressful for children with Autism. Starting in a new school or classroom and having new friends and new routines can be difficult. While every child is different, there are some strategies that can be helpful in reducing stress and making the transition back to school a little smoother.

TIPS AND TRICKS FROM OUR SPEECH THERAPISTS

Back to school is the perfect time to work on many language skills with your little one. It is important for your child to know what all of their items are, what we do with them, and how to be safe using them.

- Go through all of the items you are packing in their book bag and label each one.
- Talk to your kiddo about the functions of each item.
- Describe the items.
- After you have talked about all of the new school supplies, make sure your kiddo is ready to follow some directions: "Can you give me the scissors?" "Put the crayons in the backpack." "Put your backpack away."

Get your back to school packing done while setting your little one up for success all while working on some foundational language skills!

GETTING THERE
TOGETHER



- Drive by the school, throughout the summer and if possible, take a tour of the school.
- Make a social story about going back to school and include actual pictures of the school and teachers if possible.
- Arrange to meet with the school principal and teacher to talk about your child's needs and strategies that the school has in place to help your child and others with special needs.
- Arrange for your child to meet his/her teacher, if possible, before school starts.
- Talk about school with your child often. Look at pictures of friends and school activities from the previous year.
- If you know a child that will be in the same class as your child, arrange play dates throughout the summer so that your child has a friend that they are comfortable with when they go back to school.



- Play school at home to help your child get used to school routines and activities.
- Watch episodes of preferred TV shows that have back to school episodes.
- Talk to your child often throughout the summer about going back to school and all of the fun things that

SAVE THE DATE

SEPTEMBER 7TH

Elmwood Zoo: Early Access Morning

9:00 AM-10:00 AM

Great opportunity for guests with special needs and their family to enjoy early entry to the zoo before it opens to the general public.

SEPTEMBER 27TH

Special Needs Event @ Sahara Sam's

6:00 PM-9:00 PM

A fun & judgement-free evening offered at a reduced rate.

www.sahasams.com/specialneeds/

OCTOBER 13TH

Weighted Blanket Class (Autism Society of Greater Philadelphia)

Learn how to sew a weighted blanket or lap pad!

www.asaphilly.org

OCTOBER 17TH

PBGW 5th Annual Halloween Bash

Great time for individuals with special needs to trick-or-treat in a fun and safe setting. 100% of the profits are donated to Easterseals of Southeastern PA

www.pbgwbash.com

OCTOBER 19TH

Autism Speaks Walk (Citizens Bank Park)

10:00 AM Opening Ceremony

act.autismspeaks.org/walk/philadelphia

OCTOBER 19TH

Smith Playground: Healthy Halloween Ticketed Event

10:00 AM-12:00 PM

Enjoy fall festivities. Children are welcome to come in costume.

www.smithplayground.org

they will do at school.

- Make a countdown calendar and cross off each day so that your child can see how many days left until school.
- Create a visual schedule of what your child's school day will look like and review it often with your child.
- If your child is taking a bus to school, make sure to add that to your social story and talk about riding the bus.
- Do a test run of what your morning routine will be like once school starts. The more practice your child gets, the more familiar he/she will be with the routine and the smoother the transition will be.
- Take your child with you to buy school supplies and have them pick his/her book bag/lunch box if possible.

FALL CRAFT FLUFFY PUMPKIN SLIME

WHAT YOU'LL NEED

- ½ cup Elmer's white glue
- Unscented shaving cream
- Orange food coloring
- Saline solution
- Baking soda
- Pumpkin scented oil (optional)



HOW TO:

1. Add ½ cup of Elmer's white glue and 4 cups of shaving cream to a bowl. Mix well and then add a few drops of orange food coloring. Stir until the color you want is achieved and is mixed through.
2. Stir in ¼ tsp of baking soda.
3. Then add saline solution one Tbsp at a time and mix. Keep adding more saline solution and mixing until your slime begins forming into a ball as you mix.
4. If your slime is still sticky, add some more saline solution, starting small and adding a little as you go and continue to knead it until it takes on a fluffy, marshmallowy consistency.
5. Be sure to store your slime in an air-tight container. You can decorate a mason jar as a jack-o-lantern for storage!!



*You can find more slime recipes at www.elmers.com