

SCHOOL READINESS

Evidence-Based ABA Supports for Special Needs Kids Going to School



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Picture Power: Make School Familiar

1. Take photos of the school building, classroom, playground, teacher, and bus
2. Turn photos into a simple social story or mini book
3. Look at the book daily leading up to the first day of school

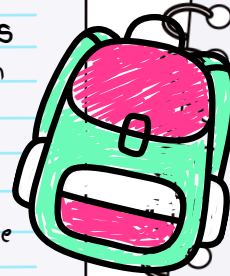
Why it helps: Familiar images reduce anxiety and build confidence.



BUS Buddies & Travel Supports

1. Create a keyring with laminated pictures:
 - a. School
 - b. Teacher
 - c. Classroom
 - d. Family pickup
2. Attach the ring to the backpack
3. Make a small "happy book" for the bus

Why it helps: Visual reassurance during separation and transitions.



Sensory Helpers on the Go

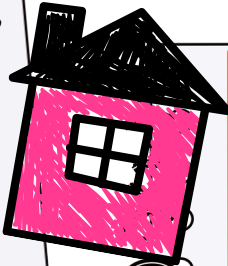
1. Noise-reducing headphones for the bus or loud areas
2. Fidget toys clipped to a backpack or zipper
3. Small comfort or sensory items (stress ball, textured toy)

Why it helps: Supports regulation and focus during busy parts of the day.

Play School at Home

1. Use school-themed toys (school bus, backpack, figurines)
2. Practice getting on/off the bus with toys
3. Use a clock or timer to show when it's time for school, bus, and pickup
4. Pretend-play common school routines (circle time, lining up, snack time)

Why it helps: Play lets children learn expectations without pressure.



Morning Routine Magic

1. Create a visual morning routine:
 - a. Get dressed
 - b. Eat breakfast
 - c. Brush teeth & hair
 - d. Backpack on
 - e. Go to the bus
2. Practice the routine before school starts

Why it helps: Predictable routines reduce stress and power struggles.



Snack Time Success

1. Pack preferred, easy-to-eat foods when possible
2. Choose familiar textures and brands
3. Practice opening containers at home

Why it helps: Eating success supports energy, mood, and learning.



All About Me

1. Send an About Me page to the teacher before school starts
2. Include likes, interests, and motivators, dislikes or triggers and what helps during difficult moments
3. Sensory needs and supports
4. Communication style (verbal, visuals, AAC, etc.)
5. What helps during challenging moments

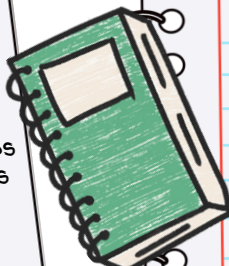
Why it helps: Teachers understand your child faster



Communication

1. Ask about a communication notebook or folder that travels between home and school
2. Request daily or weekly updates (notes, checklists, or brief messages)

Why it helps: When families and teachers share information, children receive consistent support across environments.

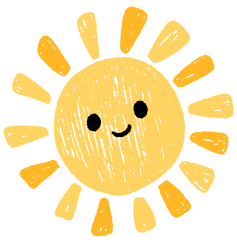


After-School

1. Build a predictable after-school routine
2. Start with unpacking the backpack together:
3. Offer a snack and drink soon after arriving home
4. Schedule quiet downtime (10-30 minutes):
5. Calm play
6. Avoid new demands right away

Why it helps: Helps children transition from school expectations to home, supporting regulation and emotional recovery.





ALL ABOUT ME



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Name:
Nickname:
Age:
Birthday:



Mom:
Dad:
Siblings:
Pets:



Things I like:



Things I don't like:

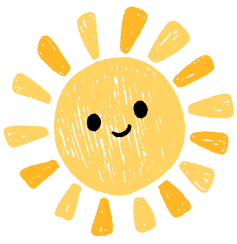


Important things to know (Allergies, Triggers etc.):



Notes:





ALL ABOUT ME



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Name:
Nickname:
Age:
Birthday:



Mom:
Dad:
Siblings:
Pets:



Things I like:



Things I don't like:



Important things to know (Allergies, Triggers etc.):



Notes:

