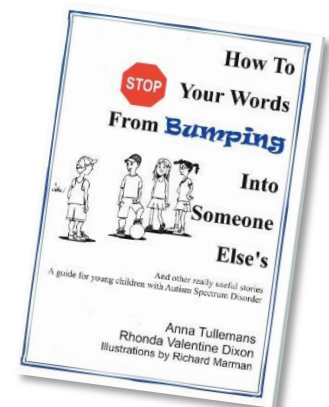




9 Things Your Child Will Need to Know Before Starting School

There are several activities that your child will need to be able to do when going to school such as:

- ✓ How to eat from a lunchbox
 - Unwrap sandwiches, throw rubbish in a bin, or put the rubbish back into the lunchbox
 - How to cope with glad wrap!
- ✓ Identifying which are their own shoes and socks
 - School uniform socks and shoes look exactly alike and many children with Autism Spectrum have difficulty with picking out their own belongings when they look similar to the others eg put a mark on the bottom of the socks and shoes (See sensory issues in **The Big Blue Book of Ideas** page 45)
- ✓ Sitting on a mat
 - See **How to Stop Your Words from Bumping**: page 14
- ✓ Waiting in a line
 - See **How to Stop Your Words from Bumping**: page 13
- ✓ Wearing a hat
- ✓ Sitting in a chair for a certain period
- ✓ Screw and unscrew drink bottle tops
- ✓ How to dress themselves
- ✓ Following a timetable



This book is available at:

<https://www.annatulleman.com.au/shop/books/>

Practice all these skills as often as you can and in context. For example, waiting in line at the supermarket. Explain to the child that you *“also wait in line at school, and this is how you do it. See it’s the same as waiting in line at the supermarket”*. You are putting the **Wait in line** into a context the child can understand.

Anna Tullemans is a consultant and author in Autism Spectrum based in Brisbane and runs regular workshops. Visit annatulleman.com.au © 2022