



Back To School Transitions Can Be Tough!

Ashley Roberts, Occupational Therapist

Transitioning back to school can be difficult for kids as they are in a new environment, require new routines, manage new expectations, process separation from caregivers, and experience overall unfamiliarity.

As routine changes, so does sleep patterns. This greatly influences a child's ability to process their sensory information, causing increased difficulty with socializing, attending, and sitting for longer periods of time.

HERE ARE A FEW WAYS YOU CAN MAKE THE BACK TO SCHOOL TRANSITION EASIER FOR YOUR KIDDO!

1. Establish a sleep routine ASAP!

Developing a regular sleep schedule for a child allows their body to establish a healthy sleep and wake up schedule, preventing less fatigue and exhaustion during the day. Using a bedtime routine also helps the body prepare and relax, and teaches children how to fall asleep on their own. As a result, this improves alertness and readiness to learn in the classroom.



This "Ready to Rise" alarm clock on Amazon is a great tool that can help to teach children when it's time to rest and when it's time to get up for the day:

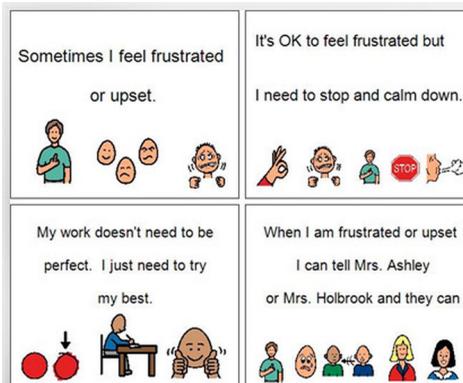
LittleHippo Mella Ready to Rise Children's Trainer, Alarm Clock, Night Light and Sleep Sounds Machine
<https://amzn.to/3coApAh>

2. Use verbal and physical forecasting.

Using verbal cues and forecasting helps children to mentally prepare for the transition back to school. The more we can talk to kids about what school will look like with social experiences, classroom activities, lunch time, etc., the more comfortable and prepared they will be. Verbal cues and forecasting help children have less surprises and improve emotionality when they start school.

3. Use social stories as a visual aide.

Social stories provide a visual guide for children so they know what to expect. This includes images, transitions, social settings, sounds, presence of teachers, etc. The more we can give children a better idea for what the transition to school will look like, the more we can limit unexpected or uncomfortable situations. This can help improve their overall mood at and after school.



Ashley Roberts
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Undergraduate Degree
Therapeutic Recreation & Pre-Occupational Therapy
University of Wisconsin - La Crosse

Graduate Degree
Occupational Therapy
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Years of Experience
2 years

Specialty Interests
Neurodevelopment Techniques, Upper Extremity and Splinting, Picky Eating, Reflex Integration, Oculomotor Treatment and Sensory Integration Dysfunction, Neurological Conditions and Developmental Delays

Philosophy
My philosophy is to use a client-centered approach, helping clients optimize their skill set necessary for reaching their potential. I believe it is important to build a relationship with both the client and their support system to holistically bring meaning and purpose into the daily lives of those I serve.

CP Therapy Services focuses on occupational, physical and speech-language therapy for infants, children and adults.

Our highly-regarded team of experienced therapists offer exceptional care to every client, while working closely with families and care providers to ensure each individual maximizes their potential.

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