

Planning for change








Record any suggestions or information that would help your child adjust to changes in routines or special events at school. Discuss or share with your child's teacher.

Student's name: Harley

Parent's name:

Rachel

Planning for changes in routine

When this change in routine occurs	 At school assembly.
How my child might feel	 Overwhelmed by the loud noise and large number of people in the room.
What this might look like	 They can shut down and cover their ears. They might stim more than usual (my child flaps their hands). They might try to leave the room.
These are some things we do at home to help my child	 Noise-cancelling headphones. Focus on their breathing with help from an adult (they do 'five-finger' breathing). Go to a quiet room and play with their favourite toys or engage in calming activities.
These are some other things that might help my child at school	 Have the same spot to sit in at each assembly that is off to the side from the crowd of people. Sit away from loudspeakers. Let them wear sunglasses or a hat if it is too bright. Take fidget toys that they can access. Have a support person seated near them. Praise my child when they try to communicate that something is wrong or that they feel uncomfortable. Let them leave if they feel overwhelmed.
Anything else I want to highlight about my child	 They are really interested in birds. We point out and talk about any birds we can see (or have seen) as a way of calming an anxious situation.
Other comments	 My child's grandparents are happy to attend special events as their support person. We would just need to know well in advance so they can plan.



Resources for families: <https://studentwellbeinghub.edu.au/parents/starting-school>