

Back-to-School Regulation & Transition Pack



A gentle, practical resource to support neurodivergent children through the transition back to school.



SUPPORT • NAVIGATE • THRIVE

Parenting
PANDAS

My Back-to-School Comfort Plan



Going back to school can bring lots of changes, demands and feelings. This page is about noticing the things that might help school feel safer and more manageable for me.

I don't have to fill in every box.

Things that help me feel safe

People, objects, routines, places...

Things that help my sense

Ear defenders, movement, quiet spaces, comfortable clothes...

People I feel safe with at school

Somewhere I can go when I need less

A quiet space, shared area, library, sensory room...

Things I might like to have with me

Comfort item, water bottle, fidget, familiar object

When things feel too much, adults can help by...

Something I really want adults to know...

Panda Perspective:

Feeling safe and supported can look different for every child. There is no "right" way to complete this page.

Morning Pressure Audit



School mornings can contain more demands than we realise - before our child has even reached the school gate.

Use this page to notice when pressure builds and where something might be able to change.

Wake



Toilet



Wash



Get dressed



Breakfast/drink



Teeth/hair



Shoes/bag



Leave home



Travel



Enter school

Where does pressure tend to build?

What genuinely needs to happen?

What could happen the night before?

What could bend? *timing • order • how it's done • where it's done*

What could we remove altogether?

One thing I'm going to change this September...

Panda Perspective:

The school gate may be where capacity runs out - not necessarily where the difficulty began.

Back - to - School Communication Sheet



You know your child best.

Use this page to share the little things that can make a big difference to how they experience their school day.

You don't need to complete every section - include what's useful for your child.

A little about my child...

Things I enjoy & connect with

Interests, favourite topics, activities, humour, things that help build connection

You might notice I'm becoming overwhelmed when...

Think about the early signs - not just what happens when capacity has already run out.

Things that can help me

Space • movement • quiet • fewer words • extra processing time • a familiar adult

Things that can increase pressure

Repeated instructions • unexpected changes • particular sensory input • being rushed

Communication that works well for me

Sensory things that are important to know

Adjustments or support already in place

One thing I really want you to know about my child...

THIS PAGE CAN BE COMPLETED TOGETHER

Back - to - School Map



Going back to school can bring things we already know and things we're not quite sure about yet.

We can use this page to make some of the unknowns a little more known.

You don't have to fill in every part.

Things that will stay the same

Things that might be different

Things I'm wondering about



Things I already know

*my teacher • classroom • how I get in •
where my things go*

People I know at school

Is there anything you'd like an
adult to find out for you?

Something I might like about
going back

*It's ok if you can't think of anything
yet*

Panda Perspective:

Knowing what to expect can make change feel a little less uncertain.

We don't need to have all the answers at once.

FOR PARENTS AND CAREGIVERS

Our First-weeks Check-In



The first few weeks back can tell us a lot about what our child is managing - and what may be taking more capacity than we realised.

This isn't about judging whether the return to school has been a "success". It's simply a chance to pause, notice and adjust.

What's going well?

What seems to be taking lots of capacity?

What are we noticing at home?

Energy • sleep • eating • emotions • demand tolerance • regulation...

What might my child be communicating?

Through words, behaviour, play, withdrawal, body language or something else

Have any new barriers appeared?

What could we reduce or adjust?

Is there anything we need to discuss with school?

Going into next week...

One thing we'll keep

One thing we'll change

One thing we might ask for help with:

Panda Perspective:

We're not looking for a perfect return to school. We're noticing what our child needs and responding as we learn.

Need more support?

Find more free resources, practical guidance and parent support at www.parentingpandasuk.com