bMINDFUL PSYCHOLOGY

TOP TIPS
for supporting your NEURODIVERSE TEEN
back to SCHOOL / COLLEGE

Transitions can be challenging, but with the right support, your teen can feel more confident, prepared and in control. Small steps now can make a big difference.

REMEMBER
Every young person is different. Be flexible, listen to your teen and celebrate small wins. You're in this together.





START NOW — A STEP BY STEP GUIDE (2 WEEKS TO GO)

1 TALK ABOUT IT
- Start a calm, open conversation.
- Ask: "What are you looking forward to?" "What worries you?" "What would help?"
- Listen without judgment.

2 GET ORGANISED TOGETHER
- Check uniform, equipment, travel and timetables.
- Create a visual checklist.
- Break tasks down into small steps.

3 RECONNECT WITH SCHOOL / COLLEGE
- Look at photos or visit the school / college website.
- Identify key staff and safe people.
- If possible, arrange a short visit.

4 BUILD COPING STRATEGIES
- What helps your teen feel calm?
- Practice these strategies together.
- Create a 'coping toolkit' they can use.

5 SET SMALL, ACHIEVABLE GOALS
- Focus on one step at a time.
- E.g. get through the first day, attend one lesson, speak to one person.
- Celebrate effort, not just outcomes.

6 PRACTISE ROUTINES
- Build a consistent sleep and morning routine.
- Practice the journey to school / college.
- Plan for breaks, lunch and downtime.

7 CREATE A PLAN FOR TOUGH MOMENTS
- What might be tricky?
- What can they do?
- Who can they talk to?
- Make a plan together.

You don't have to feel ready to start. Ready happens through small steps.

ACTIVITIES THAT HELP

ALL ABOUT ME
Create a strengths and interest list. What makes them, them!

WORRY BOX
Write worries down, put them in a box and revisit together. Helps get worries out of their head.

SOCIAL STORIES
Create a simple story about what a day at school / college will look like. Include pictures if helpful.

VISUAL SCHEDULE
Make a visual plan of the day, including breaks and downtime. Predictability brings comfort.

SUCCESS JAR
Add a note whenever they achieve something. Look back when they need a boost.

HOW TO GET READY – QUICK CHECKLIST

- ☑ Uniform, bag and equipment ready
- ☑ Timetable and key dates known
- ☑ Travel plan in place
- ☑ Sleep routine adjusted
- ☑ Coping strategies practised
- ☑ Key staff / trusted adults identified
- ☑ A plan for the first day
- ☑ Encouragement, patience and kindness!

TOP TIP
Focus on connection before correction. A calm, supportive environment helps your teen thrive.

PRACTICE ROUTINES

YOU CAN SAY...
"I believe in you."
"It's ok to feel nervous."
"You don't have to be perfect to do great things."
"I'm here for you."

FINAL THOUGHT
Your support makes a huge difference. With understanding, preparation and encouragement, your teen can have a positive and successful return to school / college.

Small steps. Big impact. Together we can make this a positive new start.