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### Reduce Back to School Stress

Going back to school can be a stressful time for children with autism spectrum disorder (ASD). It's a big change from their summer routine to their school routine so it helps to make this transition gradually. Here are some tips to help your family as it gets closer to that big back to school day and during the school year.

- Take your grandchild to the school playground before school starts to get them re-introduced to the environment in a small way.
- Help your family with some pre-cooked meals, frozen ahead of time, that can be used on stressful days when there is no energy left to cook.
- If you buy back-to-school clothes for your grandchild, wash them multiple times and have them wear the clothes early to break them in so the first time they wear the garments they are not all itchy and uncomfortable! If your grandchild has skin sensitivity, a small seam ripper can be helpful in removing labels.
- Check out this great [School Community Toolkit](#) from Autism Speaks which has resources for teachers, community service providers, and caregivers that are very useful!
- Get creative by helping your family design a communication notebook that your grandchild takes with them daily to school to help with communication between the child and teachers.
- Help your family create a Care Notebook to organize all records to prepare for your grandchild's IEPs. [CLICK HERE](#) for more information about Care Notebooks.
- After school starts offer to drive grandchildren to and from school or to after-school activities or therapies.
- Offer to take your grandchild with autism or their siblings for the weekend to give mom and dad a break!

#### MORE TIPS

[Supporting Your Family](#)

[Teaching Life Skills - An Introduction](#)

# Transitioning Back to School



## FALL TV SHOWS FEATURING AUTISM

### **Atypical**

Atypical has received some flack about how accurate (or inaccurate) their portrayal of autism is with their main character (an 18 year old on the autism spectrum) it's still doing very well and season 2 starts on September 7th on Netflix.



### **The Good Doctor**

The Good Doctor is also starting their second season soon - on September 24th on ABC.

## Fun Halloween Activities for Kids With Autism



Halloween is one of the most fun times of year for children and it all revolves around the costume. You can help create the perfect sensory-friendly costume for you grandchild.... here are some ideas for costume inspiration!

### Sensory Friendly Halloween Costumes on Pinterest

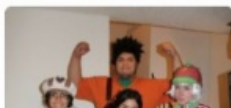
#### Sensory friendly Halloween costumes

128 Pins • 677 Followers

Many kids with sensory issues are unable to wear itchy Halloween costumes or tolerate make up. These are costumes that can be worn with sweatpants/sweatshirts or your own comfortable clothes.



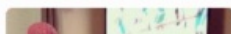
Coollest SNAP, CRACKLE and POP Woman's Group...



How-To: Pac Man And Ghosts Group Costume



Sea Monkey Geek . com: New Orleans Sea Monkey...



Guess Who characters



Rugsrats group costume (daddyangelou).



CareBears  
DIY Costumes  
www.carebearsdiy.com

Halloween: No-Sew Care Bear Costumes



Momonly - Halloween Cost

### 17 Kids With Autism Turn 'Obsessions' Into Brilliant Halloween Costumes

## SAVE THE DATE

Fall Social Event 2018



Our Fall Social will be held Sunday October 21st 2018 at Cal State Fullerton. Volunteer to help greet guests; for additional details and to register, go to our website after September 15th: <https://faninfo.org/community-socials/>

## Great Apps for Fall

### Toca Boca Mystery House

Check out Toca Boca's apps that show real life scenarios and allow children to create their own stories. The apps help with imagination, math, money-handling skills, and social skills. [Find out more here.](#)

### Daniel Tiger's Grr-iffic Feelings

Songs and activities help kids express, recognize, understand emotions. [Find out more here.](#)

### Breathing Bubbles

Students release worries and embrace joys with anxiety-fighting tool. [Find out more here.](#)

### My Horse

The horse becomes their pet, and the child has to take care of the horse. They have to clean out his stall, and they have to brush him down. Once they're registered as the horse's owner, it sends them text messages through the iPad. [Find out more here.](#)

## eBay Donations: Spring Cleaning



Grandparents have lots of "stuff" like collectibles, unused gifts and household goods, clothing, vintage jewelry and things in good condition that our families "do not want."

Your "stuff" can benefit other grandparents and families affected by autism. The Grandparent Autism Network welcomes donated goods.

You can drop off tax deductible items at Jay's Catering, 10581 Garden Grove Blvd., Garden Grove, CA - or send them C/O GAN at 23785 El Toro Road, #103, Lake Forest, CA 92630 (USPS flat rate boxes may lower mailing costs!)

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[www.ganinfo.org](http://www.ganinfo.org)

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**Networking together,  
grandparents are a vital  
resource for autism...  
and each other!**