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TCEC AUTISM PARENT NEWSLETTER

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20th Annual Autism Extravaganza

February 28th, 8:30 am-4:00 pm

Hosted by Region 14 Education Service Center

[See attached flyer for more information.](#)

Register Now for FREE

www.esc14.net or by calling 325-675-8636

Transition Back to School after the Christmas Break:

Transitioning back to school after extended breaks can be stressful. Here are some strategies which may help reduce stress.

- Back to School Social Story with photos of school, classroom, and school routine
- Clean out backpack and pencil case; refill with newly sharpened pencils and practice organization plan. (How to stay on top of school tasks- such as "To Do Folder & Planner")
- Plan school lunches (create a lunch box or cafeteria menu)
- Get back into school routine by going to bed and waking up on time
- Drive past the school and practice walking up to the doors with backpack/supplies
- Review locker number and lock code with child. Also, review any passwords your child may need to access school activities. The first few weeks, a visual reminder of passwords and locker codes may be helpful.
- Review school rules and procedures. Being aware of expectations, procedures, and routines will help reduce anxiety.

We understand every family has unique challenges, so if you would like assistance with what you struggle with the most, please reach out.

Would you like more information regarding a strategy we have sent home?

Is it hard to balance life as a parent? We want to know, so we can help!

Please email the ABC coach at your district or complete link to google form below:

<https://forms.gle/fSGL8D5RAHRuHvaT8>



AUTISM WEBSITES/RESOURCES

www.txautism.net -
training, support, and resources

<https://autismcircuit.net/tools>-
tools and techniques, free downloads

<https://www.bluesprigautism.com/news-updates/2023/>-
Blogs regarding strategies and inspirational stories

There needs to be a lot more emphasis on what a child CAN DO instead of what he can not do.
- Dr. Temple Grandin