

To help children with autism spectrum disorder (ASD) gradually adapt to whole-day face-to-face classes, parents may consider the following suggestions to prepare their children for a more fulfilling campus life.

### Establish routines to prepare for whole-day classes

#### ❖ **Let your child know in advance:**

1. Tell your child about the specific changes beforehand
2. Help your child understand the whole-day class arrangements and create new learning patterns with the aid of visual schedules or social narratives
3. Teach your child early to pack their school bags according to the whole-day class timetables
4. Familiarise your child with the choices and arrangements of face-to-face extra-curricular activities beforehand

- #### ❖ **Emotional support:** understand your child's feelings or worries with whole-day classes and provide them with early emotional support

### Get into the routine

- #### ❖ **Keep a regular daily routine:** help your child get into the routine so that they can have enough rest to prepare for whole-day school

# Parents' Guide



### Develop lunch and lunch break routines and encourage peer interactions

#### ❖ **Lunch arrangements:**

1. Communicate with the school about your child's eating habit, so that teachers may work out certain strategies, such as making use of timekeepers, to help your child finish lunch on time
2. Explain the lunch procedures and table manners to your child and run through the process with them, such as going to the canteen, getting help when encountering difficulties, and maintaining personal hygiene
3. Help your child understand lunch/canteen rules

#### ❖ **Make good use of lunch breaks:**

1. List out and prioritise lunch break activities with your child (especially those at lower grade levels), such as going to the washroom before playing with classmates/going for a walk in the playground
2. Teach your child some play skills so that they can play simple games and have fun with peers during lunch breaks
3. Teach your child how to say no to classmates when playing games or how to cope with situations of being refused to join a game, e.g. they may ask their classmates to play together some other time, invite other classmates to play with them, or spend some time alone taking a rest or reading a book



Resuming Normal Campus Life in a Gradual and Orderly Manner



# Checklist of recommended actions



Parents



- 01  Help your child understand the whole-day class arrangements with the aid of visual schedules or social narratives  
[ [Social narrative: What is it like to have whole-day classes?](#) (Chinese version only) ]
- 02  Understand your child's emotions and difficulties with whole-day classes  
[ [Discussion: 1. Resuming Whole Day Campus Life – My emotions](#) (Chinese version only) /  
2. [Emotion journal](#) (Chinese version only) ]
- 03  Teach your child to pack their school bags according to the whole-day class timetables
- 04  Communicate with the school about your child's eating habit
- 05  Teach your child the lunch procedures (such as getting help when encountering difficulties and maintaining personal hygiene)  
[ [Discussion : Resuming Whole Day Campus Life – Lunch time](#) (Chinese version only) ]
- 06  Discuss and prioritise lunch break activities with your child [ [Discussion: Resuming Whole Day Campus Life – What can I do during lunch breaks?](#) (Chinese version only) ]
- 07  Teach your child some play skills so that they can play simple games and have fun with classmates during lunch breaks [ [Social narrative: What should I do if I want to join in and play with other classmates?](#) (Chinese version only) ]
- 08  Teach your child how to cope with situations of being refused to join a game
- 09  Draw up a timetable with your child  
[ [Discussion: Time management tips](#) (Chinese version only) ], including:
  - 1. Establishing daily routines (e.g. adjusting nap time)
  - 2. Making time for homework
  - 3. Making time for extra-curricular activities

Parents may, in light of their children's needs, choose to take any of the above actions and make use of the example resources to prepare their children for the resumption of whole-day classes.