

All Things Autism



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Back to School Tips

Summer vacation is ending all too fast, and before we know it those bright yellow school busses will be darting through our neighborhoods and a new school year will commence. Moving to a different classroom, grade, or school can be stressful for any child; for those on the autism spectrum, handling anxiety about the unknown can be exceedingly difficult. Here are some tips and tricks to help make for a smooth transition.

Talk to your child frequently about what to expect in the upcoming year.

It's the simplest tip, but perhaps one of the most important one to help reduce your child's anxiety.

Cross off days on your calendar.

Simply crossing days off the calendar may help your child understand when schools going to start.

Create a new morning routine and practice it prior to the start of the school year.

Begin waking up your child a little earlier each morning so they are acclimated to the new wake-up time way before the big first day. If your child responds well to visual schedules, you might create one outlining everything from getting dressed to going to the car or bus.

Take a tour of the school.

To help become more familiar with the building prior to attending. If possible meet the teachers to help your child get to know them prior to the first day.

Provide Sensory Relief.

Create a sensory space or bag full of your child's favorite toys, fidgets, or other sensory calming toys. Encourage your child to use these so he/she can be grounded and self-calm.

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Notice

OCCK will be closed the following dates:

***Monday, September 4th,
2023***

***There will be no sessions
on those dates.***

Back to School Snack Mix

This snack is easy to put together & a great way to get your kids excited for school!

Ingredients

Letter & Number Crackers

Scrabble Cheez-its

Pretzel Sticks (for L's) & Pretzel Rings (for O's)

M&Ms

Cereal of your choice.

Mix it all together and pack it up for a quick on the go snack!



Parent Support Meeting

September 5th.

5:30pm-6:30pm

@ OCK

If you would like a link to join via video
email: AutismServices@ock.com

Welcome Megan Powell to the Team! She will be joining us as a CCTS starting 8/21.

Save the Date!

Saturday, August 26th, 2023 @

10:00—10:30 at

2259 S 9th St. Salina Ks (Inside Central Mall)

Our next Sensory Friendly event will be in partnership with the Joyful Noise Studios. All individuals with sensory needs are welcome.

Brought to you by : Joyful Noise Studios, Revive, and The OCK Autism Team

Blackboard Graham Crackers

Ingredients:

Graham Crackers, Hershey's Bar, Icing, Red M&Ms, Green Writing Icing.

Directions:

Break the Graham Cracker in half to make a square. Then cut the Hershey's Chocolate Bar to fit the graham cracker square. Use the icing as a "glue" to stick the cracker and chocolate together. Also use the icing as a glue to stick the M&M onto the blackboard. Use your writing Icing to add leaves to the apple and write on the black board.

