

Back-to-School Checklist for Autism Parents (Kenya)

A. Preparing Your Child

- Adjust sleep and wake-up times early
- Introduce or review visual schedules
- Practice school-day routines
- Visit school environment if possible

B. School Selection or Transition

- Confirm class size and support availability
- Ask how teachers handle sensory or behavioural needs
- Clarify communication methods with parents
- Observe staff attitudes during school visit

C. Daily Logistics

- Assess transport safety and predictability
- Confirm meal arrangements and food flexibility
- Understand daily schedule and break times

D. Costs and Sustainability

- Calculate total term costs (fees + extras)
- Confirm refund or transfer policies
- Assess long-term affordability

E. Parent Self-Check

- Have a backup plan if the school does not work
- Seek peer support or parent networks
- Remind yourself: adjustment takes time