

Back-to-School Challenge: How Autism Parents Have To Transition To A New School Year

Autism Coach and Author Deanna Picon Provides Special Needs Parents With Expert Tips For Taking Care Of Themselves During The Hectic Back-to-School Season

NEW YORK, NY, UNITED STATES, August 27, 2026 /EINPresswire.com/ -- As the new school year approaches, parents of children with autism may be feeling overwhelmed and anxious about the transition. With budget cuts and staff shortages, the special education system can be even more challenging for families with special needs. To help ease the stress and ensure a successful start to the school year, autism coach and author Deanna Picon has shared four valuable tips for parents.

Picon, a nationally recognized autism and special needs parenting expert and founder of [Your Autism Coach LLC](#), understands the unique challenges that parents face during the demanding back-to-school season. With over 20 years of experience working with special needs families and as a mother of a young adult man with autism, Picon has seen firsthand the impact of a new school year on both parents and children. As the author of "[Special Needs Student Success: How To Have A Great School Year With Your Autistic Child](#)," Picon believes that with the right strategies, parents can navigate this transition with confidence and less stress.

One of Picon's top tips is for parents to develop productive partnerships with school staff. This includes attending parent-teacher conferences, IEP meetings and communicating regularly with teachers, therapists and administrators. Be open, honest and amicable and they will be the same. Establish realistic goals based on your child's abilities. "By being present and actively involved, parents can build positive relationships with school personnel and make certain that their child's needs are being met," says Picon.

THE **PARENT'S** GUIDE

SPECIAL NEEDS STUDENT SUCCESS

HOW TO HAVE A GREAT
SCHOOL YEAR WITH YOUR
AUTISTIC CHILD

DEANNA **PICON**

This e-book offers back-to-school tips to help special needs parents smoothly transition to a new academic year.

Secondly, Picon advises parents to understand their child's legal rights and the resources available to them. She encourages parents to review their child's Individualized Education Program (IEP) very carefully and to seek clarification or changes if needed. "Parents should know their rights and their child's rights when it comes to special education. This will help them advocate for their child and ensure they receive the appropriate support and services they are legally entitled to," says Picon.

The third important tip is to simply ask for help. Many special needs parents may feel like they have to do everything on their own, but Picon urges them to reach out to family, friends, trained professionals and support groups for assistance and guidance. She also reminds parents that it's perfectly normal to feel stressed and overwhelmed, and that seeking help is a sign of strength, not weakness. No one can navigate the special education system alone.

Lastly, Picon, author of "The Autism Parents' Guide To Reclaiming Your Life" emphasizes the importance of self-care. Parents of children with autism often put their own needs aside to focus on their child's health and well-being. However, it is crucial for parents to take care of themselves in order to effectively support and advocate for their child. This means getting enough rest, eating well, exercising and finding a little time for activities that bring them joy and relaxation.

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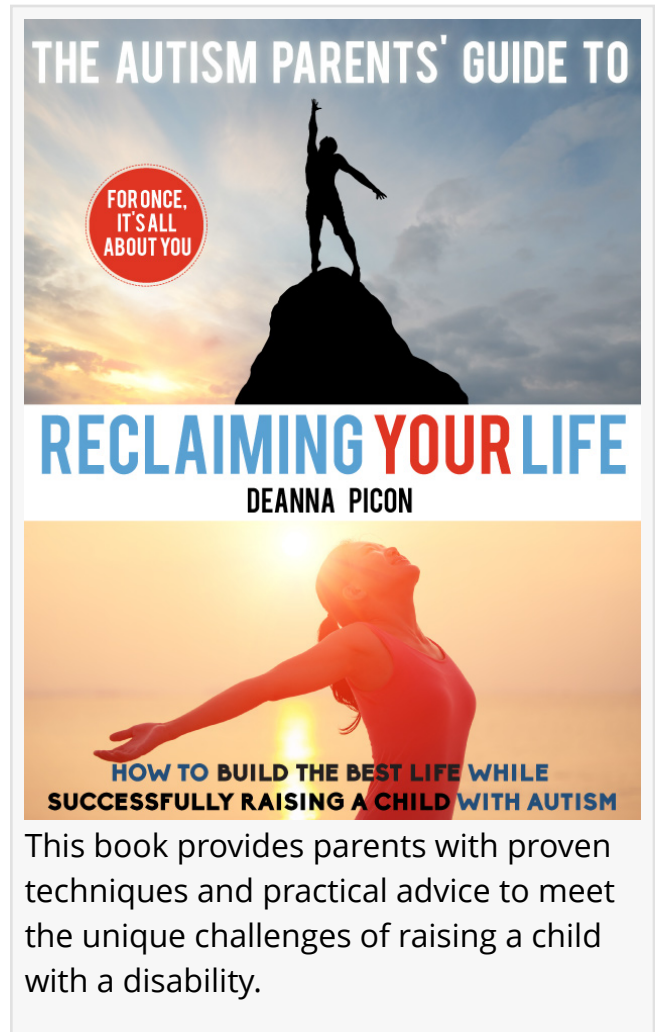
Special needs parents need more support than ever today. With these tips, parents can alleviate some of the stress and worry that come with the new school year and start off successfully and prepared”

Deanna Picon

With these tips, Picon hopes to ease some of the pressures and worry that comes with the new school year for special needs parents. By developing good partnerships with school staff, being involved in their child's education, understanding their rights and prioritizing their own well-being, parents can feel more confident and prepared for the upcoming school year.

Your Autism Coach LLC provides personalized guidance and comprehensive support programs that address the

issues and concerns of special needs parents. Deanna Picon is also the author of "Surviving The Thunderbolt: How To Cope When Your Child Is Diagnosed With Autism" and "Special Needs



Holiday Magic: How To Enjoy A Great Holiday Season With Your Autistic Child.” She shows parents how to overcome the challenges of raising a child with special needs, while building a rewarding life for themselves. For more information, please visit www.yourautismcoach.com.

Picon is the recipient of the 2023 “Top Family Guidance Writer” award from Exceptional Needs Today Magazine. She has received the 2020 and 2018 “Top Parental Advice Writer” awards from Autism Parenting Magazine. Her articles have also appeared in Exceptional Parent Magazine and Parenting Special Needs Magazine.

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