



Autism Awareness on School Transport

How drivers and passenger assistants can help children stay regulated

1 Autism is a spectrum.
Some children need lots of routine, predictability and support with communication.

2 Routine helps me feel safe.
Clear words, simple choices and visual cues can really help.

Do you want to listen to music or use your fidget?

Today's Plan	
Home	Home
Taxi	Taxi
School	School
Lessons	Lessons
Home	Home

Music Fidget

3 Small things can build up.

Late start
Rushed morning
Change
Noise

4 Start calm and predictable.

Morning! Your friend isn't in today, but you're safe with us.

Let's sit in your usual seat.

5 Reduce triggers when you can.

- Keep noise low
- Explain delays
- Use agreed distractions
- Notice signs of stress

My tablet isn't charged! I can't use it!

Let's use our stress ball and focus on spotting traffic.

6 Waiting can be hard.

Your teacher is coming soon. Let's take slow breaths and wait together.

Tell school staff if anything on the journey has affected the child.

7 All behaviour is communication.

No!

What are they trying to tell us?

A child may be anxious, overloaded, tired or frustrated — not just 'being rude'.

8 Share information both ways.

He's had a difficult day.

Thanks — we'll keep the journey calm and use his usual strategies.

School should tell transport staff about difficulties, and transport staff should share concerns with school.

9 You are a crucial part of the child's day.

- Be calm
- Be clear
- Keep the journey predictable
- Lower noise
- Use visuals/distraction tools
- Report incidents and hand over important information

SETTLED & WELL

Need Support? Email: TSG@lincolnshire.gov.uk
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