

I AM NAME



About me:

Add information here to help your child's teacher get to know them. It can be tempting to list diagnoses here but we recommend describing all the positives about your child first.

Things I need help with

List some things your child needs help with here. Try and be specific - for example, instead of 'emotional regulation' you could say '**regulating my emotions after lunch when I become fatigued**' or '**remembering my homework on a Monday after the weekend**'

More examples:

- **Initiating friendships in the playground**
- **Problem solving when me and my friends disagree**
- **Staying regulated at my desk between recess and lunch**

Signs I am struggling

- Asking for a cuddle or saying I am tired.
- Not taking part in activities - no matter how much I enjoy them.
- Crying and becoming distressed
- Staring into the distance / zoning out.
- 'Sabotaging' activities or seeming like I am avoiding a task - If I know my body can do it, I am usually very keen!
- Stimming
- Tugging at my shirt or necklace

Things I am working on

Sharing the things your child is working on in terms of skill building to support their engagement can help your child's teacher to share information regarding progress, implement strategies and work collaboratively with your child. Some examples may include:

- **Developing my independent regulation activities**
- **Asking for a break to regulate**
- **Identifying a healthy friend and how to find a friend that I can genuinely connect with.**

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