GETTING TO KNOW MY CHILD

Help others see the child behind the care needs.

Name / nickname: **Updated:**

Parent / caregiver contact:

WHO MY CHILD IS

Favorite people, interests, music, activities, and what makes them smile.

HOW MY CHILD COMMUNICATES

Words, gestures, eye gaze, or tools. How do they show yes, no, or a need?

SIGNS OF DISCOMFORT

Their signs of pain, fatigue, or distress. What should a helper tell me about?

WHAT BRINGS COMFORT

Comfort items and calming routines. What helps when they feel overwhelmed?

ROUTINES THAT WORK

Rest, personal care, and transitions. How should a helper approach a task?

CHOICES + THINGS TO AVOID

Sensory dislikes, upsetting situations, and ways to include them in decisions.

ONE THING I WANT EVERY HELPER TO KNOW

Ask my child directly when possible. Give them time to respond.

MASON'S MISSION
FROM TRAUMA TO TRIUMPH