

School Year:

All About Me!

A “Get to Know Me” Guide for

For Children and Students With disABILITIES!

This guide is developed by Families Helping Families of Greater New Orleans, the Louisiana Parent and Training Information Center (LaPTIC) for students in Pre-K - 5th grades.



Welcome to My Book!

I'm glad you have taken the time to get to know me!

My book will give you more insight into who I am, my likes and dislikes, what motivates me, how I learn best, and a lot of other important information about my health and medical needs.

My book has input from my parents , teachers, and other people I work with from time to time.

Like most people, I have good days and bad days...my book will help you to identify situations and triggers that may make me have "one of those days".

Most important, this book will show you how talented, unique and capable I am to learn what you have to teach me!

I hope you enjoy reading my book as much as I enjoyed making it for you!

Sincerely,



My Family...

My family is very important to me!

They are my biggest fans and know me better than anyone. If there is ever anything you need to know about me, please feel free to ask them!

My Mother's Name is _____

My Father's name is _____

I have ___ brother(s) and ___ sister(s)

Their names are: _____

Some other very important people in my life are:

Name

Relationship

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

My Strengths...

WHEW! I have so many! Here are some you may be interested in:

My Learning Style:

_____ Visual

_____ Auditory

_____ Tactile (hands-on)

Communication:

Socialization:

I am also good at:

Recent Changes in My Life...

It is said that the only constant in life is change.

Some changes make me happy, some may make me sad or uncomfortable.

Here is a list of some things that have happened recently that may affect how I feel.

Children like things to be predictable. Regular bedtime, meal time, etc... Routines help children feel safe and secure.

When change occurs the first and most important step is to talk to the child about what is going to happen. Be as honest and direct as possible.

If it is a move, describe what the new town and new house will be like. If it is a new school, describe what you know about the school, the classroom and the teacher. If it is a divorce situation, explain as accurately as you can what the child's life and routine will be like once the divorce occurs.

The more the child knows what to expect, the less likely his fears.

Some of My Interests...

Some activities I really enjoy are:

Things that interest me:

My favorite ways to be recognized for doing well are:

There are many ways for parents and professionals to help children develop their talents and interests.

- *When children show interest in a new activity support them by showing your interest.*
- *Help children find ways to be involved in activities that expose them to their interests.*
- *Don't push children so hard that they begin to resent the activities.*
- *Make sure activities are age appropriate and safe.*

Trying different hobbies is one of the main ways children learn and discover who they are as an individual, help as much as possible.

Pictures

My Sensory Challenges...

SOUNDS

I usually _____ avoid _____ seek _____ no concern

Comments:

SMELL

I usually _____ avoid _____ seek _____ no concern

Comments:

TASTE

I usually _____ avoid _____ seek _____ no concern

Comments:

My fears are:

I usually have warning signs that occur before I get upset, they are:

The best way to calm or comfort me is to:

My Self Care...

Dressing

- _____ Independent
- _____ Needs Assistance
- _____ Working on skills

Toileting

- _____ Independent
- _____ Needs Assistance
- _____ Working on skills

Eating

- _____ Independent
- _____ Needs Assistance
- _____ Working on skills

Hand Washing

- _____ Independent
- _____ Needs Assistance
- _____ Working on skills

Some other things you may need to know about my self care skills are:

I have the following medical concerns:

Some other important information you should know about me is:

*I'm really glad that you got
to know more about me!*

*I look forward to getting to
know you better, learning
and showing you all the
wonderful things I can do!*

