

All About Me!

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MISSISSIPPI PARENT TRAINING
AND INFORMATION CENTER



A “Get to Know Me” Guide
For Children and Students With dis**ABILITIES!**

This guide was developed with help from our friends at
The Louisiana Parent Training and Information Center

Welcome to My Book!

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

First things first, my name is _____

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

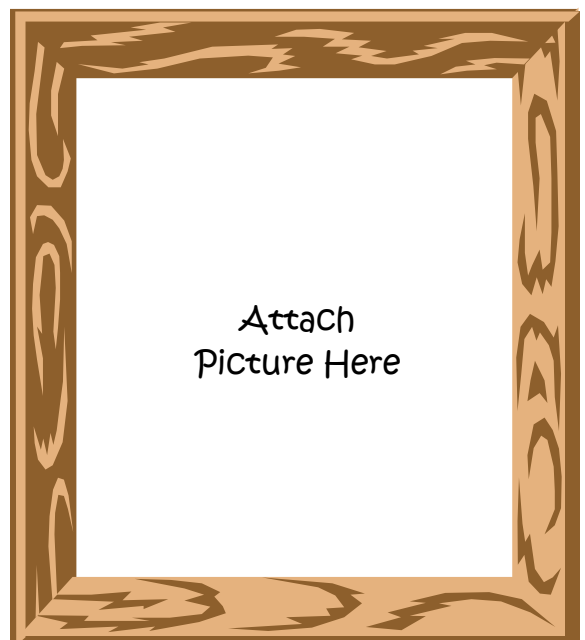
My book has input from my parents, teachers, and other fun people I work with from time to time.

Like most people, I have my good days and my 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 my book!

Signed,
Me!



My Family...

My family is very important to me!

They are my biggest fans and they 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
_____	_____
_____	_____
_____	_____

A child's parents and family are their best support system and most effective advocates.

They provide valuable input when working with teachers and support professionals.

Parents and families should always be active members in their child's education.



My Strengths...

WHEW! I have so many!

Here are some you may be interested in:

My Learning Style is:

- Visual
- Auditory
- Tactile (hands-on)



Socialization:

Communication:

I am also good at:

Recent Changes in My Life...

Some wise person once said,
“Nothing is constant but Change.”

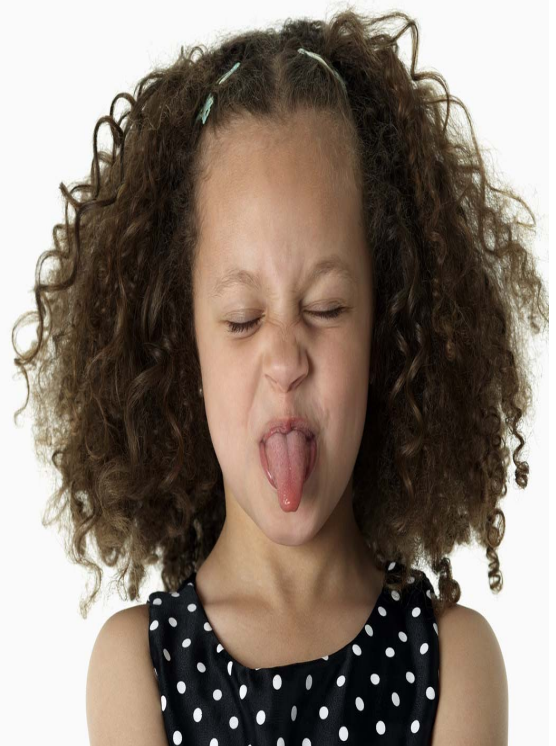
Sometimes change makes me happy, sometimes it may make me sad or a little uncomfortable.

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

Most children like routine. Adjusting to a new school, new child care, new friends, or a change in the family can be difficult. All children, like adults, react differently to change. Some children adapt easily to a new school, others show signs of anxiety and stress.

To help children deal with change you can;

- Be available during times of transition
- Talk about the change
- Acknowledge worries and fears
- Involve the child as much as possible in the decision making



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.



My Sensory Challenges....

SOUNDS

I usually ___ avoid ___ Seek ___ no concern

Comments: _____

SMELLS

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
- Need Assistance
- Working on skills

Toileting

- Independent
- Need Assistance
- Working on Skills

Eating

- Independent
- Need Assistance
- Working on Skills

Hand Washing

- Independent
- Need 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!

