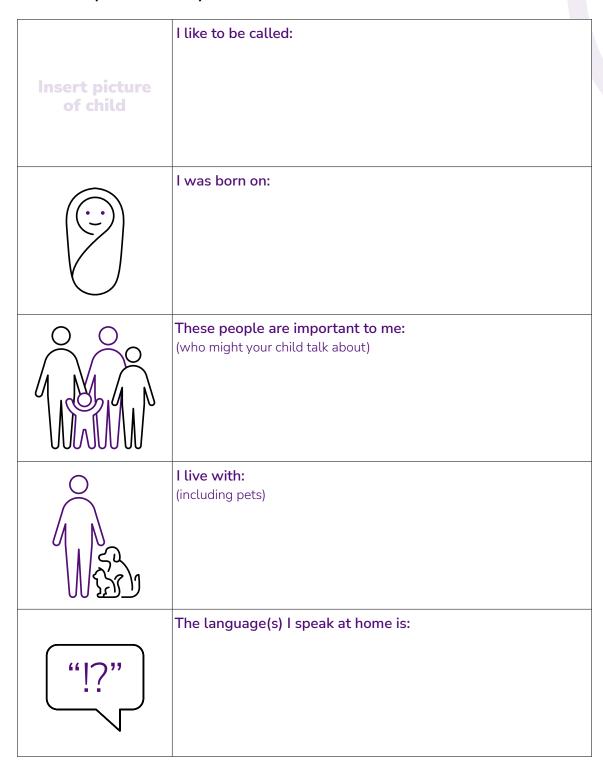
## THIS IS ME.

### This is me – this is what I want you to know about me

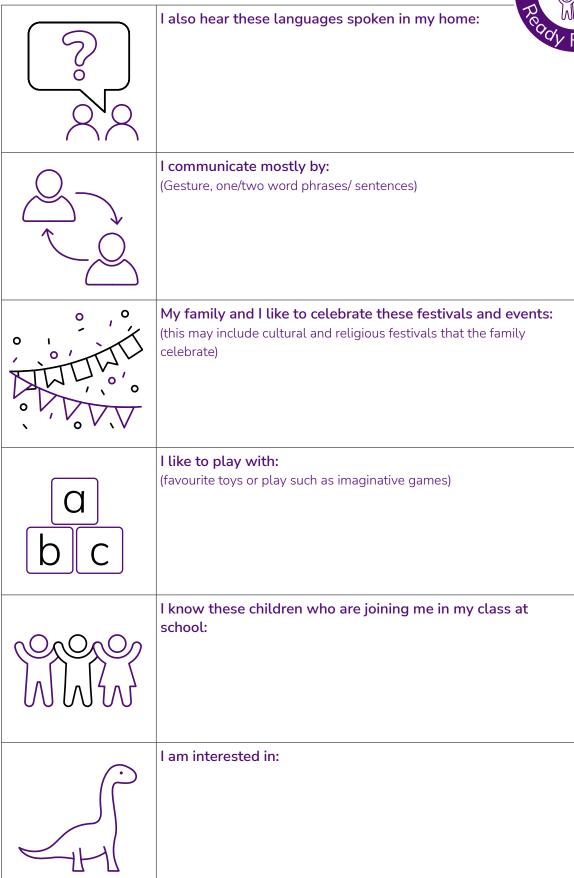
(ask my parents/carers for more information)

#### Please complete this with your child:















	My favourite book or song is:
	I am good at:
	I sometimes get upset or worried when: (this may include ways to support these emotions)
-	I would also like you to know that: (this may include any sleep needs, dietary needs, other professionals working with the child/family)







### This is how I spend my week:

(this maybe regular activities such as swimming or time spent with a non-resident parent, grandparents, or childminder)

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

## My family's preferred way of staying in touch:

(Tick the best way for you)



Face to face



By telephone call



By text



Use of social media



By email



By letter







# **Developing independence – I can:** (Tick what best describes what you can do)

		I can do this	I sometimes need some help	I will need some help
<b>→</b>	Wash and dry my hands			
(3)				
7	Blow my nose			
	Go to the toilet			
	Put on my shoes			
	Dress myself			
	Put on my coat			
	Feed myself			



