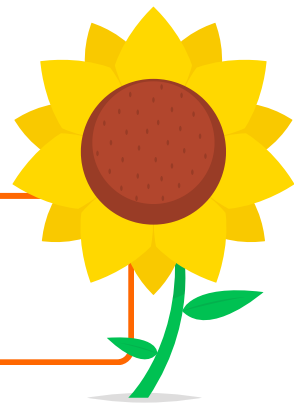


"Help me grow"



My name is:



I like:



I don't like:

Some things I find tricky:



Some things I find helpful:



When I get really upset, this helps me:

I am proud of:



I am looking forward to:



I also want you to know:

“Help me grow” resource - notes for parents/carers

We have developed a ‘Help me grow.’ resource for your child to use at school. The idea is to provide your child’s teachers and support staff with helpful information to support your child through their day at school. This resource is best used as a laminated sheet so that you can use a dry wipe pen to use again and again. Perhaps you could ask your child’s school to print and laminate if you don’t have the facility to do this yourself.

We have made some suggestions below to help you and your child think about what to put on their ‘Help me grow.’ sheet.

I like:

This can be anything that it might be helpful for a teacher to know, favourite books or games that your child may like to talk about or favourite subjects.

I don’t like:

This could be subjects, or something about the school day or just anything that a teacher could relate to, like not liking insects.

Some things I find tricky:

This could be a subject or it could be a situation or it could be something like loud noises, or too many people.

Some things I find helpful:

This could be strategies, like going to a quiet space, having regular breaks, or it could be physical things like ear defenders, fidgets etc.

When I get really upset, this helps me:

This is to guide a teacher when your child is really struggling, do they want space, do they need a special toy/comfort item?

I am proud of:

This could be anything, big or small, related to school or not.

I am looking forward to:

This could be anything, a holiday, a day out, learning something new.

I also want you to know:

This is anything else your child wants their teacher to know, it could be that they are nervous about something, or they don’t like loud voices.



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