

A decorative border of handprints in various shades of blue and purple surrounds the central text. The handprints are arranged in a rectangular frame, with some appearing as solid colors and others as outlines.

My picture goes here

All You Need To Know About Me

A personal information guide from
families to childcare providers



All You Need To Know About Me: A Personal Information Guide From Families To Childcare Providers

Dear Families: This booklet will help you share important information with care providers about a loved one who needs special care. Fill out as much of it as you can. Not only will it help your loved one to be better understood and cared for, it will also help both you and your care provider feel more comfortable while you are away.

The more information you provide, the better able your provider will be to care for your loved one.

Jackie D. Igafo-Te'o, Bridges4Kids, April 2005
www.bridges4kids.org

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About Me

My name is _____

I like to be called _____

I am _____ years old and am in _____ grade.

My eyes are _____ and my hair is _____.

I am _____ tall and weigh _____ pounds.

About My Family

I live with the following people:

Mother: _____

Father: _____

Step-Mother: _____

Step-Father: _____

Grandma(s): _____

Grandpa(s): _____

Sister(s): _____

Step-sister(s): _____

Brother(s): _____

Step-brother(s): _____

My address is _____

My phone number is _____

My family's cell phone number is _____

Emergency Information

If you can't reach my family, please call these people:

Name	Relationship	Phone Number

My doctor's name is _____

My doctor's phone number is _____

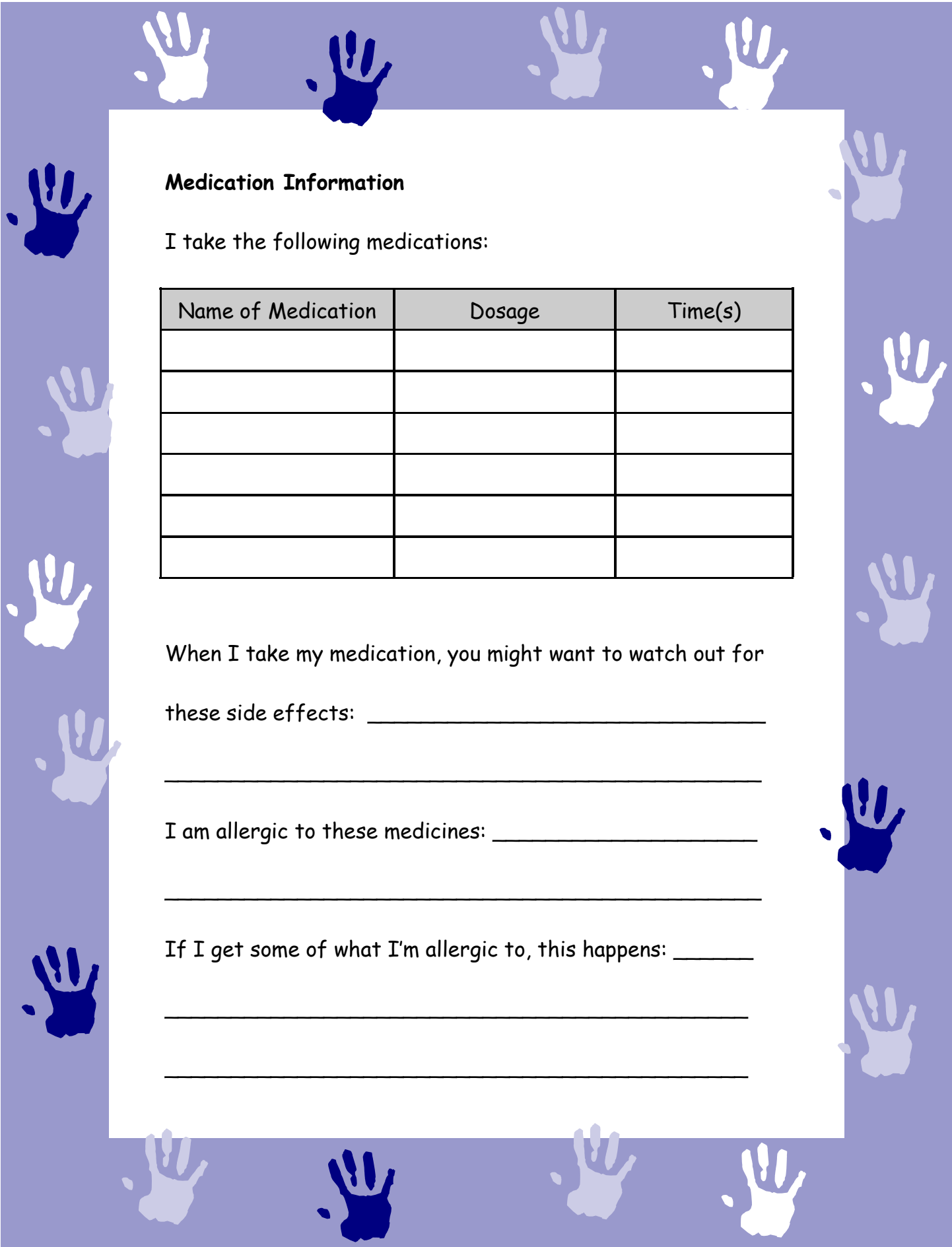
We prefer this hospital _____

My insurance company is _____

My policy number is _____

Important information you should know in case of an

emergency: _____

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Medication Information

I take the following medications:

Name of Medication	Dosage	Time(s)

When I take my medication, you might want to watch out for these side effects: _____

I am allergic to these medicines: _____

If I get some of what I'm allergic to, this happens: _____

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About My Health

I have this medical condition: _____

Please watch out that this doesn't happen with my health or
body (ie rash or lethargic): _____

If it happens, you must do this: _____

I need help doing the following: _____

I use the following equipment and for these reasons: _____

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My Typical Day

I usually get up at this time: _____

My favorite things to do are: _____

I get really happy when we do this: _____

I get really upset when we do this: _____

I usually take a nap at this time: _____

When I nap, this helps me to sleep: _____

I usually go to bed at this time: _____

When I go to bed, this helps me to sleep: _____

This also helps me to go to sleep: _____

I have trouble sleeping when this happens (ie lightening, storms, noise): _____

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Mealtimes

I usually eat at these times:

Breakfast	Lunch	Dinner
Snack	Snack	Snack

Things I really like to eat: _____

Things I really DON'T like to eat: _____

Things I am allergic to and CAN'T EAT NO MATTER WHAT:

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My Favorite Things

Books	
Movies	
Games	
Activities	
Friends	
Toys	
Other Items:	

Things I Need Help With (circle all that apply)

Dressing

Bathing

Toileting

Eating

Taking Medication

Brushing My Teeth

Brushing My Hair

Going To Bed

Putting On My Shoes

Drinking

Sometimes I get upset because of these things: _____

Here are some things that may help me feel better: _____



When I do get upset, I might say or do this: _____

Other helpful suggestions: _____

These things might irritate me: _____



Communication

Here are some ways to communicate with me so that I'll


understand you: _____

Here is how I communicate some of my needs: _____






Check all that apply:




Sometimes I say things that you might not understand. I use phrases that don't seem to make sense (ie. "no feelies" might refer to the tags on his shirt scratching his skin)

Sometimes I tend to wander. Keep a special eye out.



My brother or sister might be able to help you understand what I'm trying to say.

Don't ignore me just because you can't understand me. Staying away from me just makes me more anxious.




Don't take things that I say personally. I usually don't mean them directly at you.

Don't move toward me too quickly. It scares me.

Sometimes I can't sit still for very long.

Sometimes I argue but I really can't help it. Arguing with me just makes things worse and I get over stimulated.

Sometimes I do things without thinking them through first or considering the dangers.



I only eat certain foods. If you force me, I usually vomit mostly because of the textures that my body can't handle.

Other: _____



