

Plan Today to Protect Your Child Tomorrow

Question #1: Who are the people in your child’s life who care about and love your child? If the list feels short, it’s not too soon to focus on building new relationships – it takes time to make old friends.

EXAMPLE:

Name	Relationship	Location	Cell Phone &/or Email
Michael Dillon	Brother	Ft. Worth, TX	123-456-7890
Sara & Joe Bartley	Maternal grandparents	Ohio	234-567-8901
	Aunt (mom’s sister)		
	Cousins		
	Close family friends		
	Neighbors		
	Teacher		
	School counselor		
	Doctors & other health care providers		
	Therapist		

Question #2: What is critical for others to know about your child? The list may include:

- Medical information such as diagnoses, medications, health insurance, key medical history
- How your child communicates
- Behavior challenges and how to best support positive behavior
- School information – name of school, teacher, counselor
- What your child likes to do and makes them happy
- What comforts your child
- Dietary needs or restrictions, favorite and least favorite foods
- What else??

EXAMPLE:

- 1) Sophie’s most prized possession is her bag of photos of beloved friends and family. She leaves them home, generally, but should have them with her for medical appointments, procedures, and any other outings that may be stressful for her. She will get upset if anyone moves them.
- 2) Sophie uses some words, some signs, and gestures to communicate. See the “How Sophie Communicates” table to better understand her.
- 3) It is NOT okay to forcibly move Sophie or force her to do anything – she will be distraught and defend herself.

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Name	Relationship	Where They Live	Cell Phone &/or Email

Below, list 10 things that are critical for others to know about your child. Your list may include what your child likes to do and makes them happy, how they communicate, their favorite/least favorite foods and any dietary requirements, what comforts your child and what upsets them, how to best support positive behaviors and avoid triggers, medications, key doctors/specialists, what public benefits they receive, religion/religious practices, etc...

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Question #3 How does my child communicate?

What is happening?	What does the child/adult do?	What we think it means	What others should say or do

Congratulations! You've taken the first step to increase your peace of mind today and support your child's good life tomorrow - and beyond!