

## My Personal Profile- “All about me”



### What is “My personal profile”?

The profile can be given to new people that your child meets when they go to new places.

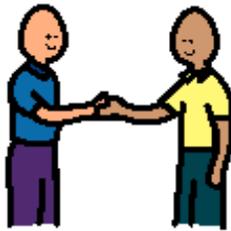
For example:



- ◆ Going to the doctor
- ◆ Staying overnight in hospital
- ◆ Going to health clinics or for tests
- ◆ Going to the dentist

There are different sections in the profile looking at your child’s whole life.

The information will help people learn all about your child e.g.



- ◆ what I like and don’t like
- ◆ how I understand and express myself
- ◆ What activities encourage me to interact with you
- ◆ What calms me down when I’m upset
- ◆ how people can look after me best and make me feel comfortable.

That way other people can talk, listen, play, care for and work with your child in the best way for them.

Then there will be more chance that your child will have a good experience with that person and with the visit.



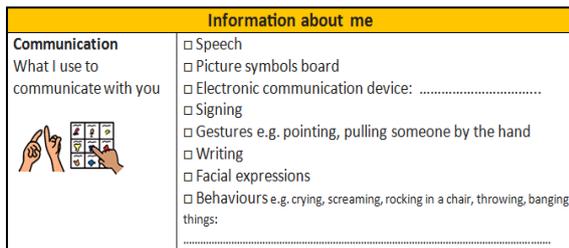
### How to complete the profile

- ☑ The profile can be printed in two sizes:
  - An A4 size
  - A smaller size that can fit into your child’s medical “red book”
- ☑ The profile has different sections for you to add in information.



- ✓ The first page has a place to put your child's name and photo.
- ✓ This is also the place to write the top 5 most important pieces of information your child would want someone to know about them.
- ✓ You can use the information from the rest of the profile to choose what it most important.

- ✓ People might read this first as it is quick and then read the rest when they have more time. If your child was in hospital, this page could be taken out and stuck up by their bed.



- ✓ In the rest of the profile, some sections have options for you to choose from to help you think of what to put.
- ✓ You can tick the boxes that fit as well as writing the other information.

- ✓ Or if you are confident with the computer you can delete the options that don't fit
- ✓ You should fill it out with your child if they are able to understand. If they can't do it with you, you know your child best and so can fill it out for them
- ✓ You could ask other people who know your child well to help you fill it out e.g. teacher or grandparents.
- ✓ Please ask others for help if you need it. If English isn't your first language, you can get an interpreter to help you.
- ✓ You may not want to include all the information in the profile so feel free to delete sections. Think about the most important information that your child would want someone to know about them and make sure this is included.



## What to do with the profile

- ✓ Take the personal profile with your child to any appointments and meetings or any places where they meet someone new.
- ✓ Try and give it to the person before the appointment so they can be prepared before they meet your child.
- ✓ Keep the profile information up to date.