Part One: Focus on Feelings and Reactions

If I had to describe my child in 10 words, they would include ________________________________

____________________________________________________________________________________

What I like most about my child is ________________________________

____________________________________________________________________________________

What I find most challenging about caring for my child is ________________________________

____________________________________________________________________________________

The activity I most enjoy with my child is ________________________________

Three wishes I have for my child are ________________________________

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Part Two: Tuning in to My Child

My child is happiest when ________________________________

The kinds of play and activities my child enjoys most are ________________________________

_______________________________________________________________________________. I think this is because ________________________________

____________________________________________________________________________________

What upsets my child most is _________________________________. I think this is because ________________________________

____________________________________________________________________________________

To comfort my child, I ________________________________

I think my child greatest strengths are ________________________________

I think my child needs help with ________________________________

Part Three: Making a Plan to Best Support Your Child

What are our goals for your child now? ________________________________

Over the next three months? ________________________________

What kinds of experiences can we give your child to help him reach these goals? ________________________________

____________________________________________________________________________________

What special interests or skills do we have that we can each share with and teach your child? ________________________________

____________________________________________________________________________________

How can we work together to best support your child now? ________________________________

Over the next three months? ________________________________