You and Yours

Child edition

Accepting Me

PASSPORT

Stick a photo here, or
draw yourself

This passport belongs to _____

I like to be called _____

Made together with _____

Date _____

Wonderfully made. Wholly understood.

FOR GROWN-UPS

Before you begin

This passport helps the people around your child understand them as a whole person: their strengths, their struggles and their hopes.

1. **Fill it in together**
   Use your child's words and drawings. Little ones can point while you write.
2. **Start with strengths**
   Each page starts with what's going well, so your child feels seen kindly.
3. **Be honest about what's hard**
   Naming struggles truthfully helps others give the right support.
4. **Share it with people who care for your child**
   Teachers, carers, club and church leaders, health professionals.
5. **Keep it up to date**
   Look again each term, or whenever something changes.

You decide who sees it

Only share what helps others support your child today. Some things are private, and that's OK.

What this passport is not

It isn't a diagnosis or a medical record. Share any EHCP or health care plan alongside it.

Worried about your child's health, development or safety? Please speak to your GP, health visitor or school.

AT THE HEART OF THIS PASSPORT

The Law of Acceptance: accepting the truth minimises frustration.

My strengths and struggles are both true · My history can't be changed · My future can be different · Some things may never change

All about me

Let's start with you: the things that make you, you.

Things I love

Things I like to talk about

People and pets who are special to me

I am really good at...

Ask someone who loves you, too.

Something I'm proud of

Big or small, it counts.

Draw something that makes you happy

Understanding me

How to talk with me, and what my feelings can look like.

The best way to talk with me

Tick all that are true.

- [ ] Use short, simple words
- [ ] Show me, or use pictures
- [ ] Give me time to answer
- [ ] Say my name first
- [ ] Tell me what's happening next
- [ ] Speak calmly and quietly

Something else: _____

When I'm happy, you might see...

_____

_____

_____

When I'm upset or overwhelmed, you might see...

_____

_____

_____

What helps me calm down

_____

_____

_____

Please try not to...

_____

_____

_____

Words, signs or sounds I use that you might not know

_____

_____

_____

My senses and surroundings

Every brain is unique, and so are our senses. Tick what feels true for me.

Things around me	I enjoy it	It's OK	I find it hard
Loud or sudden sounds	☐	☐	☐
Bright or flickering lights	☐	☐	☐
Busy, crowded places	☐	☐	☐
Being touched or hugged	☐	☐	☐
Clothes, labels and textures	☐	☐	☐
Strong smells	☐	☐	☐
Trying new foods	☐	☐	☐
Feeling too hot or too cold	☐	☐	☐
Waiting my turn	☐	☐	☐
Changes to the plan	☐	☐	☐
Sitting still for a long time	☐	☐	☐

Things that help me feel comfortable

Anything else about my senses

Learning and joining in

At school, at clubs, at church: what helps me learn and take part.

I learn best when...

Things I find tricky

Things that help me

Tick all that help.

- [ ] Clear, step-by-step instructions
- [ ] Instructions written down or shown
- [ ] Movement breaks
- [ ] A quiet place to go
- [ ] A visual timetable
- [ ] Extra time
- [ ] Sitting near the front
- [ ] Working with a buddy

Something else: _____

When plans change

Changes can be hard for me. Please:

- [ ] Tell me early
- [ ] Show me what's next
- [ ] Give me a countdown

Something else: _____

Friends and playtimes

What helps me make and keep friends.

THE LAW OF ACCEPTANCE

What's true about me

Accepting the truth minimises frustration. Here's what's true about me today.

My strengths and struggles

Both are true. Both are mine.

Something I'm good at

Something I find hard

My story so far

My history can't be changed. This box is optional: only share what helps others support me today. Some things are private, and that's OK.

Things I'm working on

My future can be different.

Things that may always be part of me

Some things may never change, and I am still wonderfully made.

My hopes

Looking ahead, together.

My hopes for this year

How you can help me get there

My grown-up's hopes for me

Shared with

Keep track of who has a copy.

Name	Where (school, club, church…)	Date

Other plans I have

- [ ] EHCP
- [ ] Health care plan
- [ ] Other

Next review date