

## Because Every Child is Unique!

The goal of an “All About Me” form is to give a quick overview of your child to help their coach/instructor get to know them quickly and to help them figure out what strategies will help them to be successful. Try to keep it on one page.

1. Provide basic information about your child (name, age, diagnosis if relevant, consider including a photo)
2. Select a few categories that will help you provide relevant information about your child. These could include:
  - Things I am good at/ My Strengths
  - My favourite things (these can help with relationship building with a leader or volunteer)
  - What motivates me
  - Things I find difficult
  - Things I need help with
  - Sensory considerations
  - I learn best when...
  - If I am anxious or frustrated I might...
  - I communicate by...
  - Important medical or safety information
  - People use these words to describe me:
  - These strategies have helped me to be successful in other programs:
3. Think about what aspects of the program your child might struggle with and include strategies that the leader or volunteer could use to help them. Example:
  - Ways to deliver instructions to help your child understand
  - Ways to motivate your child to participate or persist at a difficult task
  - Ways to help your child fit in socially
  - Strategies to help your child transition between activities
  - Ways to help them manage anxiety
  - Calming activities
  - Any specific language or terminology that your child is familiar with (e.g. calming breaths, making good choices, being a good friend, body break, gentle hands, etc.)



# Common strategies that may promote participation:

## Giving Instructions:

- Using photos or visuals
- Breaking skills down into very small steps
- Giving hand over hand assistance
- Having 'practice rounds' before keeping score, or avoid keeping score
- Being very specific (e.g. using spots, ropes, hula hoops, etc. to indicate where they should stand, wait, line up, etc.)

## Ways to motivate your child to participate

- Give them helper jobs
- Use first...then language (first the challenge...then something that is motivating)
- Giving two choices (blue ball or black ball? Stretches or warm up run first?)

## Ways to motivate your child to persist at a difficult task

- Give stickers as a reward
- Focus on and praise effort
- Role model how you struggle and fail but still persist and finally get it!

## Ways to help your child fit in socially

- identifying a "buddy" to help them
- helping them find an appropriate partner during pairs activities
- cueing peers to include them
- providing extra guidance during turn taking or sharing activities

## Strategies to help your child transition between activities

- counting down transitions
- giving them jobs during transition times
- reviewing the schedule ahead of time
- minimize waiting times

## Ways to help manage anxiety


- breaks from the group or from the challenging activity
- focus on the positive
- helper jobs
- reviewing the schedule, keeping consistent familiar routines

## Calming activities

- breaks from the group
- fidgeting with a favourite toy
- deep breath




## ALL ABOUT ME: ANNIE

Background	This is what I look like
<ul style="list-style-type: none"> <li>• I live with my mom and dad and my big sister Kate</li> <li>• I am very shy and experience severe anxiety when trying new things</li> <li>• People describe me as kind, gentle and creative</li> </ul>	
Things I have difficulty with	Things that motivate me
<ul style="list-style-type: none"> <li>• Speaking in front of a group</li> <li>• Participating in a new activity. I like to watch before I try something new</li> <li>• Initiating participation. I often need a gentle but firm push</li> </ul>	<ul style="list-style-type: none"> <li>• Being given helper jobs so long as they do not put me in the spotlight</li> <li>• My Little Pony and Frozen (e.g. stickers)</li> <li>• Hugs from my mom</li> <li>• Using imaginative play</li> </ul>
I learn best when...	Medical and safety
<ul style="list-style-type: none"> <li>• I've built a trusting relationship with an instructor who is gentle and fun and silly</li> <li>• I don't feel like anyone is watching me</li> </ul>	<ul style="list-style-type: none"> <li>• I have a hard time advocating for myself or asking for help if something is bothering me</li> </ul>
These strategies helped me to be successful in other programs	
<ul style="list-style-type: none"> <li>• Let me sit beside a leader so that I can whisper questions and answers and not have to say them out loud until I am very comfortable in the group</li> <li>• It is less scary for me to try new skills if I am pretending to be something else (e.g. I will try to jump if I'm being a mommy kangaroo looking for her baby)</li> <li>• Break skills down into very small steps that I can easily accomplish</li> <li>• Tell me exactly what the expectation is. Please modify the expectation if necessary so that I can be successful and build my confidence to take the next step.</li> <li>• Celebrate with me when I accomplish something new</li> <li>• Let my mom stay in the program room with me at the beginning. Her goal is that I participate independently, and will work with you to find strategies to make this happen as quickly as possible</li> </ul>	

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## ALL ABOUT ME: CATHY

Background	My Picture
<ul style="list-style-type: none"> <li>• I live with my mom, dad and baby brother Carl</li> <li>• I love to try new things and meet new friends</li> <li>• Some people call me clumsy, but that's not me, that's my DCD (Developmental Coordination Disorder)</li> <li>• People describe me as outgoing, chatty and a leader</li> </ul>	
Things I find difficult	Things that motivate me
<ul style="list-style-type: none"> <li>• Learning new gross motor and fine motor skills</li> <li>• Coordinating and sequencing movements</li> <li>• When my body needs to do more than one thing at a time (e.g. running and dribbling a ball)</li> <li>• When I can't talk my way out of trying something that is hard 😊</li> </ul>	<ul style="list-style-type: none"> <li>• Imaginative play</li> <li>• High fives</li> <li>• When you notice my effort not my results</li> <li>• Competition (but I get easily frustrated if my peers win, so encourage me to compete against a clock, a coach, or to beat my own 'best')</li> </ul>
I learn best when	Medical and safety
<ul style="list-style-type: none"> <li>• Someone can break down a skill for me and talk me through the steps</li> <li>• Someone demonstrates by being my "mirror" rather than just showing me</li> <li>• Someone coaches me to figure it out on my own (by helping me to use logic and reason, not just encouraging me to try again)</li> </ul>	<ul style="list-style-type: none"> <li>• I am prone to tripping over and bumping into things</li> <li>• Allergic to bee and wasp stings (hives and swelling) please contact parents immediately for monitoring</li> </ul>
These strategies helped me to be successful in other programs	
<ul style="list-style-type: none"> <li>• When a coach or assistant can review skills with me individually</li> <li>• Show my parents what skills or drills were practiced so they can help me practice at home</li> <li>• Ask me questions to help me figure out what I need to do with my body (e.g. how far away do you think you should be when you want to kick the ball?)</li> </ul>	

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## ALL ABOUT ME: MIKE

Background	Things I need help with
<ul style="list-style-type: none"> <li>I live at home with my mom, dad and our dog Chester</li> <li>I am 5 yrs old and I have Autism</li> </ul> 	<ul style="list-style-type: none"> <li>Please help me keep track of my belongings</li> <li>Please remind me to eat, drink and/or use the washroom during break times. If I'm too busy playing, I may forget</li> <li>I have a hard time hearing "no." It's usually better to tell me "not today" or "we're going to do _____ instead"</li> <li>Please help me to engage with peers during unstructured time.</li> </ul>
How I communicate	Things that motivate me
<ul style="list-style-type: none"> <li>I usually answer questions with one word answers, but can expand with encouragement</li> <li>Sometimes I recite 'scripts' from movies and cartoons, particularly if I'm feeling anxious</li> </ul>	<ul style="list-style-type: none"> <li>I love to help</li> <li>I love to be first in line</li> <li>I love anything with the colour blue</li> <li>High five's help me to know when I'm doing a good job</li> </ul>
Sensory Considerations	Medical and safety
<ul style="list-style-type: none"> <li>I get very distracted in large or busy spaces</li> <li>I like to touch soft things. Please gently redirect me if it's not appropriate for me to be touching something</li> </ul>	<ul style="list-style-type: none"> <li>I have mild asthma. My mom or dad carries my puffer if I need it</li> <li>Sometimes I wander and explore if I'm bored. Please engage me and keep an eye out for me during break times</li> </ul>
These strategies helped me to be successful in other programs	
<ul style="list-style-type: none"> <li>Give helper jobs if having a hard time participating</li> <li>Help me to get started if I'm having a hard time answering a question. Give me some words to get started like "my name is..." or "I like..."</li> <li>I love to talk about dogs, and especially about my dog Chester!</li> <li>Give me lots of warning when there is going to be a change in activities or location</li> <li>Follow difficult activities with a game of duck duck goose or what time is it Mr. Wolf</li> </ul>	

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## ALL ABOUT ME: SIMON

Background	Sensory Considerations
<ul style="list-style-type: none"> <li>I am 5 years old and live with my mom, dad and big brother Sam</li> <li>We have a dog named Dino that I love to talk about!</li> <li>I have Sensory Processing Disorder</li> </ul> 	<ul style="list-style-type: none"> <li>I get overwhelmed in large crowds, but am usually okay if I get into a room first and the crowd builds around me</li> <li>I need to move my body a lot. Please help me find acceptable ways to do this</li> <li>I like deep pressure. Please help me find acceptable ways to get this too, otherwise I may try to roughhouse with other kids</li> <li>A few minutes of jumping on a trampoline can help me feel calm if I am getting too wound up</li> </ul>
How I communicate	Things I can do for myself
<ul style="list-style-type: none"> <li>I use sentences and have a large vocabulary for my age</li> <li>If I'm wiggling or bouncing, I'm trying my best to concentrate and listen</li> <li>If I'm running, knocking things over or hitting, I've had enough and I need a body break</li> </ul>	<ul style="list-style-type: none"> <li>I can take 5 deep breaths to help calm my body down (but sometimes I need reminders to do this!)</li> <li>I can do everything that an average 5 year old can do</li> </ul>
Things I need help with	Medical and Safety
<ul style="list-style-type: none"> <li>I often need reminders to use my "calming breaths"</li> <li>I don't always know when I am humming or using my loud voice. Please ask me politely to stop if it is not appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Lactose intolerant</li> <li>High pain tolerance</li> </ul>
Strategies that help me	
<ul style="list-style-type: none"> <li>I love to help! I can even carry heavy things like books or bags (which helps you and helps my body get the movement it needs!)</li> <li>I love high fives and when people tell me I'm doing a good job</li> <li>Remind me to use my "calming breaths"</li> <li>Let me take a two minute break if my body is getting over excited</li> </ul>	

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