BEHIND THE BEHAVIOUR | THE COACHING DEN
MY CHILD: A ONE-PAGE PROFILE
When School Feels Impossible — Julie A Milner

A starting point for understanding your child as a person, not just their attendance or behaviour. Complete together where possible.

MY CHILD AT THEIR BEST
Name / preferred name: _____ Year group: _____
What they love, enjoy or do well:
_____

WHAT MAKES SCHOOL HARDER
Situations, demands or environments that are difficult:
_____
Early signs they are overwhelmed:
_____

WHAT HELPS
Things that make them feel safe or able to participate:
_____
What adults should avoid when they are distressed:
_____

COMMUNICATION AND TRUSTED PEOPLE
Best way to communicate with my child:
_____
Trusted adult at school: _____

WHAT WE WOULD LIKE SCHOOL TO TRY
One practical adjustment:
_____
Another thing that may help:
_____
Child's own words (if they wish):
_____

SHARING THIS PROFILE
Date: _____ Next review: _____
Only include sensitive health or diagnosis information if relevant and you choose to share it.
Ask who will see this profile and how it will be stored.