My Child: A One-Page Profile

When School Feels Impossible | Julie A Milner

Complete with your child where possible. Share only what you are comfortable sharing.

For longer answers, use the editable Word version; PDF boxes do not expand.

Child's name **Year / date**

My strengths and interests

What I enjoy, care about and do well

What makes school difficult

Situations, environments or demands that increase distress

What helps me feel safe

People, adjustments, routines and approaches that help

Early signs I am overwhelmed

What adults may notice before distress escalates

How best to communicate with me

How to approach me, especially when I am upset

What I want adults to understand

My own words, if I want to share them

Our priorities for support

Up to three practical actions to agree with school

Review this profile as needs change. Save a copy before sharing.