



Tip Sheet & Printable Resource

Creating an "All About Me"

Research has shown the value of parents and educators working together to support a child. An "All About Me" document is an effective way to keep a record of discussions between parents and educators.

An "All About Me" document can:

- Describe a child's interests and strengths that can be used to support learning in the environment.
- Provide information about the child's family and their goals.
- Outline strategies and environmental elements that will support diverse learners.
- Help educators learn more about a child and their family, and build strong connections.
- Support consistency by all educators. This may be especially valuable when there are several educators in a room, or there is inconsistent staffing.
- Support educators to explore how a child communicates.
- Support educators to explore when, why and how an adult can co-regulate with a child to support their emotional regulation.
- Contain information that can be used as the basis for a universal design strategy for inclusion within the learning environment.

A sample "All About Me" document can be found on the following page.
See Page 3 for a printable "All About Me" template.

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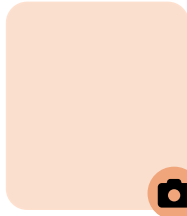
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Printable Resource

All About Me



1



Child's Name:

Eric Smith


Date of Birth:

7 January 2017

Parent Name/s:

Sarah & John Smith

2

What I like: 

- I like dinosaurs*
- I like cheese sandwiches*
- I like riding my bike*
- I love painting*

What I don't like: 

- I don't like being wet*
- I don't like loud noises*
- I don't like when a new adult comes into the room*

3

What I'm good at: 

- I can open my lunch box*
- I can ride a 2-wheel bike*
- I can count to 20*
- I can climb the fort*

What I'm learning: 

- I am learning about joining a group at group times*
- I am learning to look after all my belongings myself*

4

Strategies that help me: 


- I benefit from being with familiar, consistent adults*
- I really like 'What To Expect' stories.*
- I like help asking to play*

5

How do I communicate? How can you communicate with me? 


- I use hand leading gestures*
- I like when you use few words and give me time to respond.*
- Lanyard pictures are helpful.*

6

When might I need help to regulate? What does this look like and how can you help? 

- I usually take my clothes off if I get wet. You can help me by having a towel nearby and helping me dry myself.*

7

Other important things to know about me: 

- My family is having a baby in October*
- I have a pet dog named Ollie*




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Autism Queensland is here to help—get in touch to learn more:



 **Email:** css@autismqld.com.au

 **Phone:** (07) 3273 0000

 **Website:** autismqld.com.au

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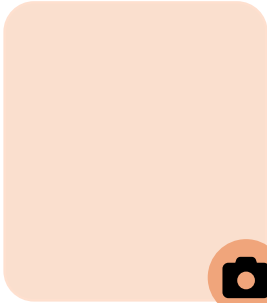


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All About Me

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What I like: 

What I don't like: 

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What I'm good at: 

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Other important things to know about me: 