

To help you get to know me, my family and my likes and dislikes better

The BIG Book All About ME

Hi My Name Is...



AutismAlliance
of Michigan



Date:

I want to introduce myself to you with my “Let Me Introduce Myself to You” booklet. This booklet includes a lot of information about me and my family. I hope that this information will help you get to know me and some of my interests, strengths and skills.

My parents have high expectations for me; just as other parents do for their children. My parents hope that I will follow school rules, perform to the best of my ability and be a contributing member of the group. Quality teaching and positive peer role models will help me be successful.

If you have questions, please contact my parent(s) at one of the following numbers:

Home: () _____

Work: () _____

Cell: () _____

The best time to reach them is _____.



My parents look forward to working with you; please let them know how they can help make this school year a wonderful and productive year.

Sincerely,



Here Is My Family



My name is: _____

I like to be called: _____

My birthday is: _____

I was born in: _____

Adult(s) I live with:

_____ who is my _____
_____ who is my _____
_____ who is my _____
_____ who is my _____

I have _____ brothers.

Their names are: _____

I have _____ sisters.

Their names are: _____

We have _____ pets.

Type of pet: _____

Pet's name: _____

Other family members and friends that I want you to know about are:

To begin with, here are some very important things I want you to know about me:

PHOTOS
GO HERE

- I am a child with autism.
- My senses pose challenges for me and it may be difficult for me to handle bright lights or loud noises.
- Please do not think that I “choose not to do something” as often it is that I “cannot do” the something you want me to do.
- I am very concrete. I do not understand the abstract or sarcasm. I interpret things literally the way they are written or said.
- I may have a very difficult time verbally communicating my wants and needs, or letting you know when something is bothering me. Please listen and watch all the ways that I communicate.
- I am a visual learner: show me how to do something; let me practice; repeat a few times and we will both be less frustrated.
- Please, emphasize and build on what I can do, not what I cannot do.
- Often times I have difficulty playing with other children and choose to be alone; help me with learning to be more social and how to play with others and make friends.
- Sometimes I get very frustrated and act out; watch me and help me identify what triggers my behaviors and teach me ways to handle the situations that cause me stress.
- Please, above all, LOVE ME UNCONDITIONALLY. I am a child, a child with autism.

Adapted from: Ten Things Every Child with Autism Wishes You Knew by Ellen Notbohm

MY PARENTS DREAM FOR ME

When I was born my parents wondered about: _____

My parents' hopes for me are: _____

My parents' lifetime goals for me are: _____

Here are some ways my parents have learned to help me be successful: _____

MY LEARNING STYLE

Three things that motivate me are:

1. _____
2. _____
3. _____

My strengths are: _____

These are details about how I communicate: _____

These are ways to communicate with me so that I'll better understand you: _____

These are ways to help me improve my fine and gross motor skills: _____

Here is what I need to improve my social skills: _____

Change is difficult for me, ways to help me transition more easily are: _____

MY FEELINGS AND BEHAVIOR

My feelings:

Things that make me feel happy are: _____

Things that make me feel better are: _____

Things that may make me upset are: _____

When I get upset I may say: _____

When I get upset I may do: _____

Things that might make me sad are: _____



My behavior:

I respond positively when: _____

When I am tired or not feeling well I may: _____

Things I may be afraid of are: _____

When there is too much noise, talking I may: _____

When I become frustrated I may: _____

It is hard for me to: _____

THINGS I LIKE



These are my favorite things:

Animal: _____

Activity: _____

Activity: _____

Activity: _____

Activity: _____

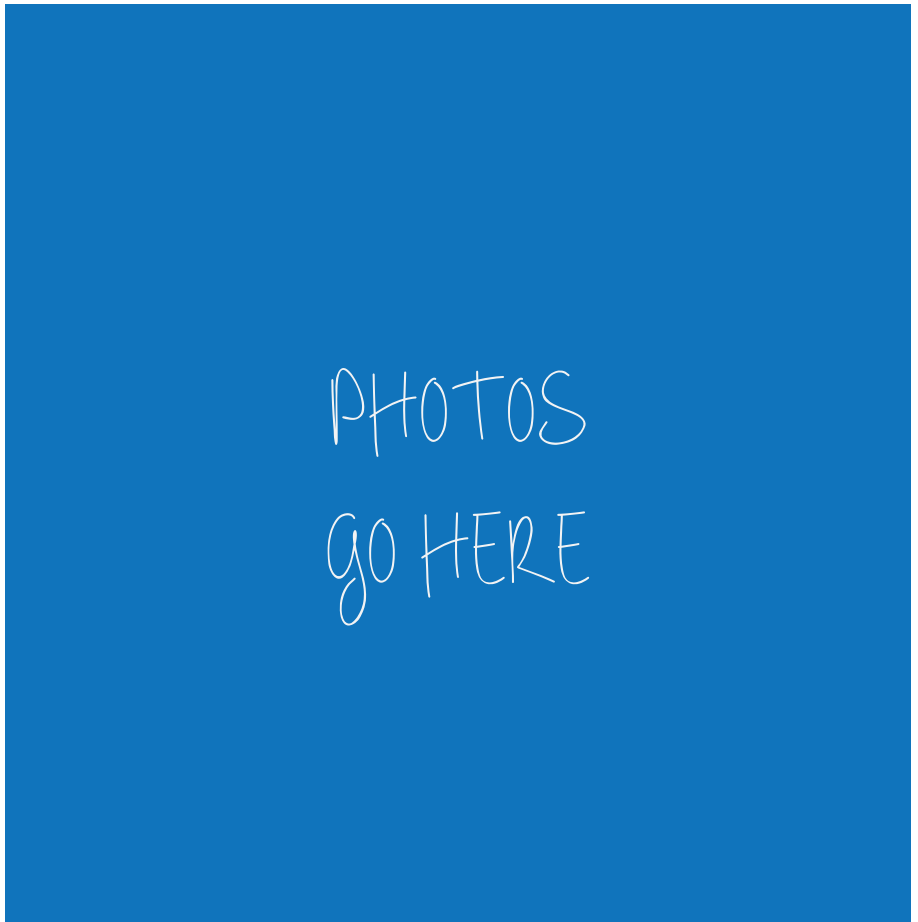
Activity: _____

Food: _____

Food: _____

Food: _____

Drink: _____



When I am inside I like to: _____

After school I like to: _____

On the weekends I like to: _____

When I go outside: _____



PLACES I LIKE TO GO



These are places I enjoy at my school: _____

These are places that I like to go with my family: _____

These are places that I like to go with my family and friends: _____

These are places I go in my neighborhood: _____

These are places I do not like to go: _____

Sometimes I wander but you can find me by looking: _____



THINGS I CAN DO FOR MYSELF:

PHOTOS
GO HERE

PHOTOS
GO HERE

THINGS I MAY NEED HELP WITH:



Dressing Zippers Coats Shoelaces Shoes/Boots

Toileting (including getting my pants on correctly): _____

Eating (including cutting my food and helping me clean up): _____

Other: _____

HEALTH CONSIDERATIONS

Here are some things my parents want you to know about my health.

Health information: _____

Current medication(s): _____

Medications taken at school: _____

Recurring illnesses: _____

Allergies: _____

Glasses: Yes No Need help cleaning my glasses: Yes No

Hearing loss: Yes No Affected Ear(s): _____

Degree of loss: _____

I have sensory needs: _____

At times I may prefer certain foods such as: _____

My stomach may hurt when: _____

Other things you may need to know about my health: _____

SOMETIMES VISUAL SCHEDULES AND PICTURES HELP ME

Lastly, you might already know that persons with autism may possess many different characteristics. To help you understand me better my parents have checked the characteristics of autism that I might display.

- Inappropriate laughing or giggling
- Apparent insensitivity to pain
- Sustained unusual or repetitive play
- Uneven physical skills
- May avoid eye contact
- Sometimes want to play with you
- Are loyal to friends
- Unable to verbally express my wants/needs
- Like to flap and dance to music
- Insistence on sameness
- May look like I am not listening but I am
- May be bothered by bright lights
- Know a lot of great movie quotes
- Have a great memory
- Rock back-n-forth while sitting or standing
- Like to teach you about a topic I know a lot about
- No real fear of dangers
- May not want cuddling, being touched
- Play with toys in a different way
- Be very accepting of everyone
- Difficulty interacting with others
- May prefer to be alone
- Have a lot of energy
- May use gestures
- Inappropriate attachment to objects
- Echo words or phrases
- Do my best to follow instructions
- Do not like loud sounds
- Honest and trustworthy
- Learn through picture
- Have many one-of-a kind ideas

