



ABOUT me

My child is autistic, so here is some information that might be helpful for you to know. Please feel free to reach out if you have any questions!

What is autism?

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the CDC, autism affects an estimated 1 in 36 children and 1 in 45 adults in the U.S. today. Autism looks different for everyone, and each person with autism has a distinct set of strengths and challenges.

Child name:

**Parent name(s)
and
contact info:**

COMMUNICATION PREFERENCES

My child prefers to communicate by:

If they seem overwhelmed or need to take a break:

SENSITIVITIES & COMFORT ITEMS

My child has these sensory sensitivities (e.g., sounds, lights, textures):

Their comfort items (e.g., toys, videos, songs) are:

Their fears are:



ABOUT me

FOOD PREFERENCES AND RESTRICTIONS

My child has these food allergies/dietary restrictions:

Their favorite safe snacks/foods are:

DAILY ROUTINE

My child's usual daily routines (e.g. wake up, bedtime, mealtimes) are:

They have these special bedtime routines to help settle down:

SAFETY

Here are the safety concerns you need to be aware of:

Here are my child's emergency contacts and specific instructions in case of an emergency:

OTHER IMPORTANT INFORMATION

Additional things you should know:



Thanks for taking the time to read this guide! Your support in creating a fun, safe and welcoming environment for my child means a lot.