

## “Hello, My Name Is...”—A Unique Profile from the Child’s Perspective

The reflection questions and prompts below can be used to guide the writing of a first-person narrative about a young child. A parent, teacher, or therapist can serve as the primary author who can then circulate the template and seek input from other team members or contributing editors. The questions are written from the child’s perspective but are not meant to be asked to the child, only to be considered in thinking about what content to include in the child’s letter.

### Profile Reflection Questions

#### Sensory Processing and Emotional Modulation

- How does my body feel most of the time? (tired, overwhelmed, uncomfortable, just right-ready to learn)
- Can I organize and use the stimuli that come at me through my different senses? (sights, sounds, touch, smells, tastes, movement, and deep pressure)
- Do I get overwhelmed by certain stimuli? If so, which ones—and what do I do when I get overwhelmed?
- Do I close my eyes or cover my ears so I only have to pay attention to one type of stimuli at a time?
- What helps my body calm down or wake up so I can tune in to the world and other people? (e.g., burying myself in beanbags, jumping, marching, swinging, running)
- Do I know where my body is in space? If not, what kinds of things do I do to help myself understand where my body is in relation to other people and objects? (e.g., lay on the floor so I can feel each part of my body, bump into people and objects)
- Can I calm myself when I am upset or overwhelmed? If so, what do I do? (e.g., suck my thumb, bury myself in pillows, sing a familiar song)
- Do I need other people to help me calm? If so, what helps?
- Do I seek out familiar people to help me calm?

#### Motor Planning

- Do I have ideas about what I want to do? (e.g., build with blocks, climb a ladder, play with toy cars)
- Do I know how to start this plan?
- Do I know how to organize and sequence the steps to the plan?
- Do I know how to end and move on to another plan?
- What do I do when I am left alone? (e.g., play with objects and toys, complete tasks, seek things that make my body feel good, cry)
- How do I handle new or “different” situations? What helps me?

### **Gross and Fine Motor Development**

- Can I independently move around my environment to explore things?
- Do I have the strength and endurance to support myself in a seated position for periods of time?
- Can I use my two hands together to explore materials and play with toys?
- Is drawing and/or handwriting easy and fun for me? What helps me to be successful?

### **Expressive and Receptive Communication**

- Do I communicate with others? How? (e.g., with gestures, words, phrases, pictures, signs, technology)
- What do I communicate to others about? (e.g., requests, protests, comments, ideas, feelings)
- Can I understand things people tell me or questions they ask me?
- What helps me to understand? (e.g., visuals, fewer words, high affect, time to process what was said to me)
- How do I feel if I can't communicate my needs and ideas? (e.g., angry, frustrated) What do I do if I can't communicate? (e.g., scream, hit, withdraw)

### **Cognition**

- How do I learn about objects and people in my world? (e.g., mouthing, touching, seeing, hearing, doing)
- Do I know the functions of objects in my environment?
- Can I represent my feelings and ideas with my words or through my play?
- Can I imitate what I have seen others do or say?
- Can I hold onto these ideas and use them independently when appropriate?
- Can I use past experiences to help me solve a problem?

### **Relationships**

- Do I brighten or smile when I see certain favourite people?
- Do I have ideas and memories about fun things I do with certain people? How do I communicate this?
- Can I tolerate other children in my play space? What do I do if this is hard?
- Do I seek out certain peers to be near or play with? How?

### **Prompts for Writing a Profile**

- Hello my name is..., and I am...years...months old.
- I really love...
- I feel better when...
- It is hard for me to...
- It really helps when...
- I can...

Source: Adapted from Catalano (2017)