



Embracing Difference

Child Portfolio

Dear Parent/ Carers,

This Child Portfolio has been designed so that you can fill it in while you are accessing the recorded Embracing Difference group sessions. As you go through different topics in each session, please fill in the relevant sections in the portfolio. The questions will prompt you to think about your child's developmental stage and what their skills and abilities are at the moment. It will then prompt you to think about what strategies from the group sessions will be most useful for your child, so that you can build up a plan of the most practical strategies for you. You might find that some of the strategies we cover in the group will be more relevant for your child than others, so we would encourage you to write down the ones that work for them and for you.

The portfolio is written from a child's perspective, but it is for parents to fill in on their child's behalf. You may wish to work through it with your child, discussing the strategies that they think work best for them.

Once the portfolio is complete, we hope that you will have a useful document which you can refer back to. You may also find it useful to share with other carers/ professionals who are involved in your child's care.

We look forward to seeing you in the group!

Yours sincerely,

The Embracing Difference Team

The Child Portfolio was written and designed by Dr Louisa Casselden, Clinical Psychologist and Zoe Haslam, Clinical Associate in Applied Psychology, NHS Fife, for the Embracing Difference group.



Who am I?

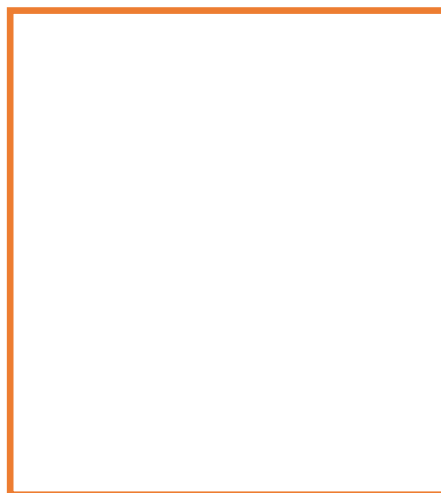
My name is.....

I am years old

Who is in my family:.....

Things I like:
.....

Things I don't like:
.....



Draw or stick a picture of me in the box

Communication



How do I prefer to communicate?

What can I communicate without help?

What can I communicate with support?

What am I not able to do just yet?

What kind of environment do I need to communicate well?

What makes communication more difficult for me? (E.g. think about environmental/ internal / social factors)

What strategies can my parents/ carers use to support my communication?

1)

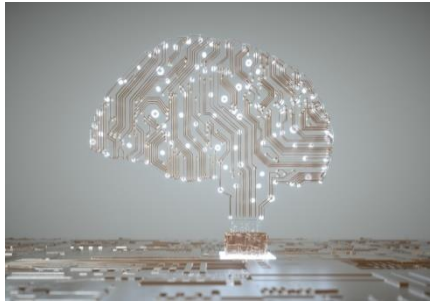
2)

3)

4)

5)

Sensory Differences and Sleep



What do I find soothing?

What do I find exciting/ stimulating?

What do I find stressful or unpleasant?

My Sensory Profile

What are my likes/ dislikes for each sense?

Sense	Likes	Dislikes
Sight		
Taste		
Hearing		
Touch		
Smell		
Vestibular (balance)		
Proprioception (muscles & joints)		

What strategies can my parents/ carers use to support my sensory processing?

1)

2)

3)

4)

5)

Sleep



How much sleep do I usually need?

What does my bedtime routine look like?

What kind of sleep environment works best for me (*i.e. think about temperature, sounds, sensations, smells*).

What strategies can my parents/carers use to support my sleep routine?

1)

2)

3)

4)

5)

Social- Emotional Development

What social and emotional skills do I have at the moment?

What social and emotional skills can I manage with support?

What social and emotional skills can I not manage yet?

What kind of environment supports my social skills?

What strategies can my parents/ carers use to help me with my social and emotional skills?

1)

2)

3)

4)

5)



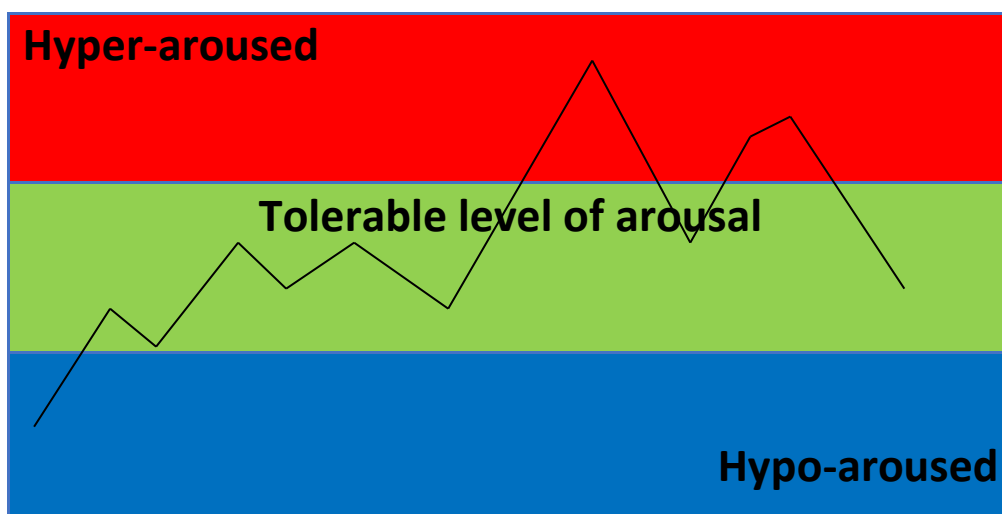
Supporting BehaviourMy Behaviour profile

What behaviours do I use when I am calm?	
What behaviours do I use when I am excited?	
What behaviours do I use when I am angry?	
What behaviours do I use when I tired?	
What behaviours do I use when I am scared?	
What behaviours do I use when I am uncomfortable (hungry/ hot/ sore etc)	

<p>Do I use any repetitive behaviours? What do they look like?</p>	
<p>Are there other behaviours I use? When/why?</p>	

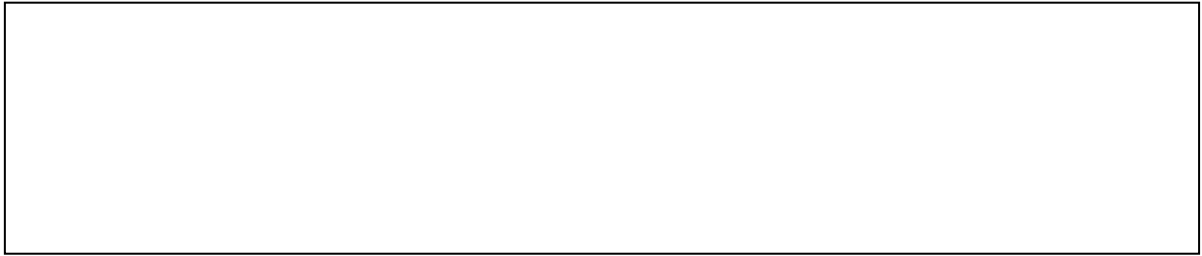
What are my triggers?

My Window of Tolerance

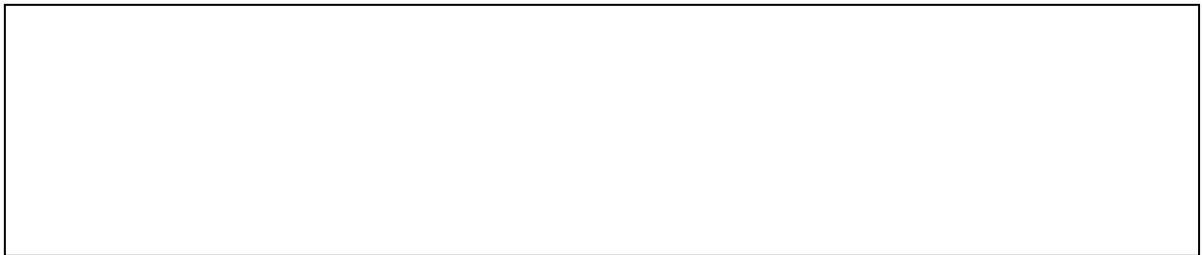


What does it look like when I am in the red, green or blue zones?

Red zone:



Green Zone:



Blue Zone:



What helps me to get back into the green zone?



What strategies can my parents/ carers use to support my emotional regulation?

1)

2)

3)

4)

5)

Celebrating Me



What are my good qualities?

What do others enjoy about me?

What skills and abilities do I have?

What strategies can my parent/carer use to help me recognise and support my qualities and abilities?

1)

2)

3)

4)

5)



Example list of good qualities

Loyal

Authentic

Honest

Fair

Kind

Funny

Energetic

Thoughtful

Logical

Playful

Affectionate

Friendly

Clever

Fast

Creative

Resilient

Persistent

Passionate

Notes
