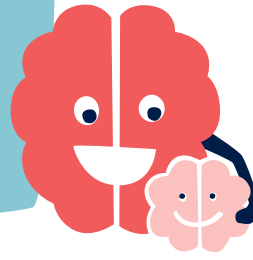


Get To Know Me:

A tip sheet for anyone who spends time with me.

Parent Resource

This resource has been developed in collaboration with clinical neuropsychologist, Hannah Korrel.



Teachers, relief teachers, coaches, grandparents, the parent hosting the sleepover. Almost everyone wants to get it right with your child. They just don't have the information that you have. This resource turns what you already know into a single page somebody can read in two minutes.

You don't need a diagnosis to fill it in. You only need to know your child.

The first two pages show a worked example. Fill in the last two pages, then go through it with the person your child is spending time with rather than simply handing it over.

It works best at the beginning of a conversation. If your child is old enough, fill it in together. Being able to say what you need is help-seeking in its purest form, and this is a lovely way to practise it.

Get To Know Me
Fill this in with/for your child, then share it with the people who spend time with them.

All About: _____
Filled in by: _____ Date: _____ Age: _____
Best Contact: _____

Things I love, and things I am great at
Start here. Anyone meeting your child should know what they are good at before they know what is hard.

What the world can feel like for me
The sensory things you have noticed. Sounds, lights, smells, textures, crowds, clothing. Describe it the way it feels, not the way it is.

What helps me every day
The small, practical things that make a real difference.

A special thanks to Dr Hannah Korrel for her collaboration on these resources. Dr Korrel is a clinical neuropsychologist and the founder of Sydney Neuropsych, where she and her team assess children, adolescents and adults across the neurodevelopmental spectrum.

For more information, visit sydneyneuropsych.com.au

Please note: This resource has been developed in collaboration with Dr Hannah Korrell and is intended for general information purposes only. It's not a substitute for professional advice. Gotcha4Life does not offer counselling or crisis support.

If you have concerns about your child's wellbeing, please speak with your GP or a qualified health professional.

You can also explore a range of free, trusted supports and information at gotcha4life.org/help-resources.

For direct support, Kids Helpline offers free, confidential counselling for young people aged 5 to 25.

Call 1800 55 1800 or visit kidshelpline.com.au.

Get To Know Me

Here is what a finished one might look like.

All About: Ari

Age: 9

Filled in by: Ari's mum

Date: Term 3

Best Contact: 0400 000 000

Things I love, and things I am great at

- Dinosaurs. I know every species and I will happily tell you about all of them
- I have an excellent memory for detail and I notice things other people miss
- I am kind to the little kids, and I am always the first to spot when something is not fair



What the world can feel like for me

- The classroom fan sounds like a megaphone right beside my ear
- The lights feel like a torch shining straight into my eyes
- The tag in my shirt feels like cactus prickles
- The canteen smell at lunchtime is so strong I cannot think
- When everyone talks at once, none of the words separate out

What helps me every day

- Tell me what is happening next, and give me a warning before we change activity
- Say exactly what you mean. Sarcasm and "in a minute" are confusing for me
- Let me sit at the end of the row, away from the fan
- Let me fidget or stand. I listen better when my body has something to do
- Please do not ask me to look at you. I listen better when I look away



When it all gets too much

- Do the opposite of what feels natural. Quieter, fewer words, one step back
- Turn down the noise and the light around me
- Please do not touch me unless I ask
- Let me go to the library corner and come back when I am ready
- Save the conversation about what happened until I am calm.
Nothing lands before then

Early signs I am running low

- I go quiet and stop answering
- I start asking the same question over and over
- I cover my ears, or pull my jumper up over my head
- I get silly and loud, usually right before I crash

What a win looks like for me

- Staying in the room for assembly, even with my headphones on
- Having a go at the writing, even if I do not finish it
- Asking for a break instead of walking out



Get To Know Me

Fill this in with/for your child, then share it with the people who spend time with them.

All About: _____ **Age:** _____

Filled in by: _____ Date: _____ Best Contact: _____

Things I love, and things I am great at

Start here. Anyone meeting your child should know what they are good at before they know what is hard.

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What the world can feel like for me

The sensory things you have noticed. Sounds, lights, smells, textures, crowds, clothing. Describe it the way it feels, not the way it is.

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What helps me every day

The small, practical things that make a real difference.

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When it all gets too much

What to do, and just as importantly, what not to do.

Early signs I am running low

The things you notice before it tips over.

These are the most valuable lines on this page.

What a win looks like for me

Set the bar where it actually belongs for your child, so the people around them can notice the right things.

