

Dear Teacher, Here is a snapshot of my child.

A quick guide to help us begin the year with connection, confidence, and support.



Child's name: _____

Preferred name: _____

My child's strengths and interests

What brings joy, builds confidence, or creates connection

Things my child dislikes or avoids

Activities, sounds, textures, situations, or demands

What may upset or overwhelm my child

Common triggers, unexpected changes, or difficult moments

Early signs my child needs support

What you may notice before the situation becomes harder

What helps my child feel safe and move forward

Helpful words, choices, breaks, sensory tools, movement, humor, routines, or trusted adults

The best way to communicate with my child

Words, visuals, demonstrations, wait time, or other supports

One more important thing to know

A hope, concern, success, or reminder you want adults to remember

Parent/guardian: _____

Best contact: _____

Please share this with teachers, aides, therapists, transportation staff, and other adults who may support your child.
This snapshot supports early connection. It does not replace an IEP, 504 Plan, evaluation, or scheduled team conversation.