

Take note, Mom.

“Too bad kids don’t come with a user’s guide.” Why not write your own?

Kids give us clues all the time about how they operate. Sometimes we’re too busy to notice or we forget. Use the following pages to take notes about your child. There isn’t a one-size-fits-all solution and we have a opportunity to give each of them just what they need.* They don’t have to be a mystery. This doesn’t require an advanced degree. Pay attention; gather intel.

Try to see the world through your child’s eyes. Don’t impose what you think is important- let this be about who your child is. Find ways to help support them, make them smile, reduce a challenge.

How to use this information:

Find ways to work together

Plan surprises

Put reminders on your calendar

Create new rituals to ease transitions

Develop support plans for upcoming concerns

Make solo “dates” together

Find pockets of goodness in this time

Spotlight strengths

Remind yourself of your loving role

See little ways you can make a big difference

Add items to your shopping list

Plan vacations, create gift lists

Discover how you can connect through his/her interests

Avoid “hot topics”

Identify areas, ideas, interests to explore more in-depth

Increase your bond through understanding and togetherness

*Note they can change rapidly so print out several copies to make updates as they happen.

Not sure where to start?

Examples by category:

Products needed: *bigger shoes, swim goggles*

Products that would be helpful: *hair detangler, bedroom wall hooks*

Products requested: *mermaid tail, new paints*

Places she wants to visit: *Disneyland, zoo*

Interested in: *My Little Ponies, tidepools, making videos*

Loves: *being read to, playing with friends, drawing*

Favorite foods: *pasta, peas, ice cream*

Experiences she wants to have: *dance lessons, being a big sister*

Sensitive to: *being picked on, harming animals, loud noises*

Things that relax: *videos, being held, sucking thumb, backrubs*

Recent changes: *new soccer coach, new vitamins*

Expressed fears or concerns: *losing pets or family members*

Preferences: *lightweight clothes, bright colors, going first*

Excels at: *asking for what she wants, multi-tasking, physical fun*

Needs help with: *taking care of body/ hair, keeping track of things*

Responds best to: *“let me help you”, lots of choices, time together*

Now go!

Name:

Date:

Products that s/he needs



Products that would be helpful



Products s/he has requested



Places that s/he has asked to visit



Name:

Date:

Interested in



Loves



Favorite Foods



Experiences s/he wants to have



Name:

Date:

Sensitive to



How s/he likes to relax



Recent changes that could affect him/her



Expressed fears or concerns



Name:

Date:

Preferences



Excels at



Needs help with



Responds best to

