Photo

All You Need to Know about Me

Sydney
My name is Sydney.

I like to be called Sydney.

I am 4 years old.

My birthday is

My favorite color is yellow.

My Favorite Things

I love Walt Disney World. My favorite ride is the Haunted Mansion. I call it the Scary House. I love all the characters and can do some of my best talking when asked about Disney.

I love to play with action figures and stuffed animals. I can entertain myself for hours if given the opportunity with all my pretend friends.

I have several favorite movies. They change often. Right now I like Bug’s Life and Chicken Little.

I have always had a great interest in water and fish. I love to swim or just play in a bucket of water.

My Least Favorite Things

I do not like public restrooms at all!

I do not like vacuum cleaners, blow dryers, electric toothbrushes, or most electric motorized sounds.
MY FAMILY

I am an only child. I live with my daddy and mommy,
They both work at

My address is

My home phone is
My mom’s cell phone is.
My dad’s cell phone is.
My parent’s work phone is.

Please contact my parents in case of an emergency or any difficult situations.

EMERGENCY INFORMATION

If you are unable to reach my parents for any reason, please call my grandparents.

Home phone:
Work Phone:

My doctor’s name is Dr.
My doctor’s phone number is

My insurance company is
My policy #
I have Autism.

Autism is a neurobiological condition that affects my ability to communicate and interact with others. It is a “spectrum disorder” that affects each person differently and to varying degrees of severity. When I have difficulty understanding and until I learn what to do to tell you I don’t understand, I may use inappropriate behavior to communicate. In some cases, I might show extreme reactions to minor changes, unusual sensitivities to particular sounds, sights or textures, and insistence on sameness/routines.

Let's Talk

I am improving every day with my communication skills. I still have some difficulties you need to keep in mind when having a conversation with me.

- Use simple language. Try not to use too many words at a time when you talk to me.
- Use my name often.
- Give concrete cues. When giving a direction, pair it with a concrete cue. For example, if you would like me to color at the table, pick up a crayon and point to the chair while saying, “Sydney, let’s sit at the table and color.”
- Offer me choices. Even little choices, like which crayon to use, can be very powerful for getting me to cooperate with directions and stay on task.
- If you ask me a question and I do not respond in a few moments, give me the appropriate answer and I will probably mirror your response.

Social Skills

Interacting with children my own age is very difficult for me, but I am working on it. I want to play with friends; I am just not sure how to do it. If you have the opportunity, please encourage me to play next to or engage with the other children. Try not to let me go off by myself too often.
I need to complete what I am doing before beginning something else. This could be a game I am playing by myself, a book we are reading, or a project we are working on. Before it is time to transition, please give me a warning so I can complete what I am doing. My parents find a 5-minute countdown very helpful.

I think in pictures. Use visuals whenever possible. Pictures with words on them can help me both understand what you’re saying and communicate back to you.

I find it very comforting to hold three objects.

When you need me to follow directions, I respond very well when you provide two choices. For example, if you need me to join the class at the table, instead of just calling me to the table, ask me if I would like to sit in this chair or that one.

I only drink water and infrequently apple juice.

Please make sure my food is cut in reasonable bite sized pieces.

When I grab my ears, something is wrong or making me nervous.

Due to difficulty with upper body strength and trunk support, sitting in one place for long periods of time can become difficult. You will notice me begin to slouch, lean back and forth on my hands and begin to sink. This is a good time to offer me the chance to get up from my seat and move around for a few minutes.

Cognitive and social demands build up causing a need for breaks at varying times.

I do not deal with surprises very well. When possible prepare me with first, read the book; then, we will go outside.

Motivation

I respond well to positive reinforcement. I love verbal praise, mms, and stickers.
Sometimes, I become overloaded and it results in a meltdown. If this happens, please call my parents and try the following:

- Decrease the demand
- Talk less
- Wait
- Decrease or eliminate the audience
- Prompt appropriate behaviors as Sydney calms.