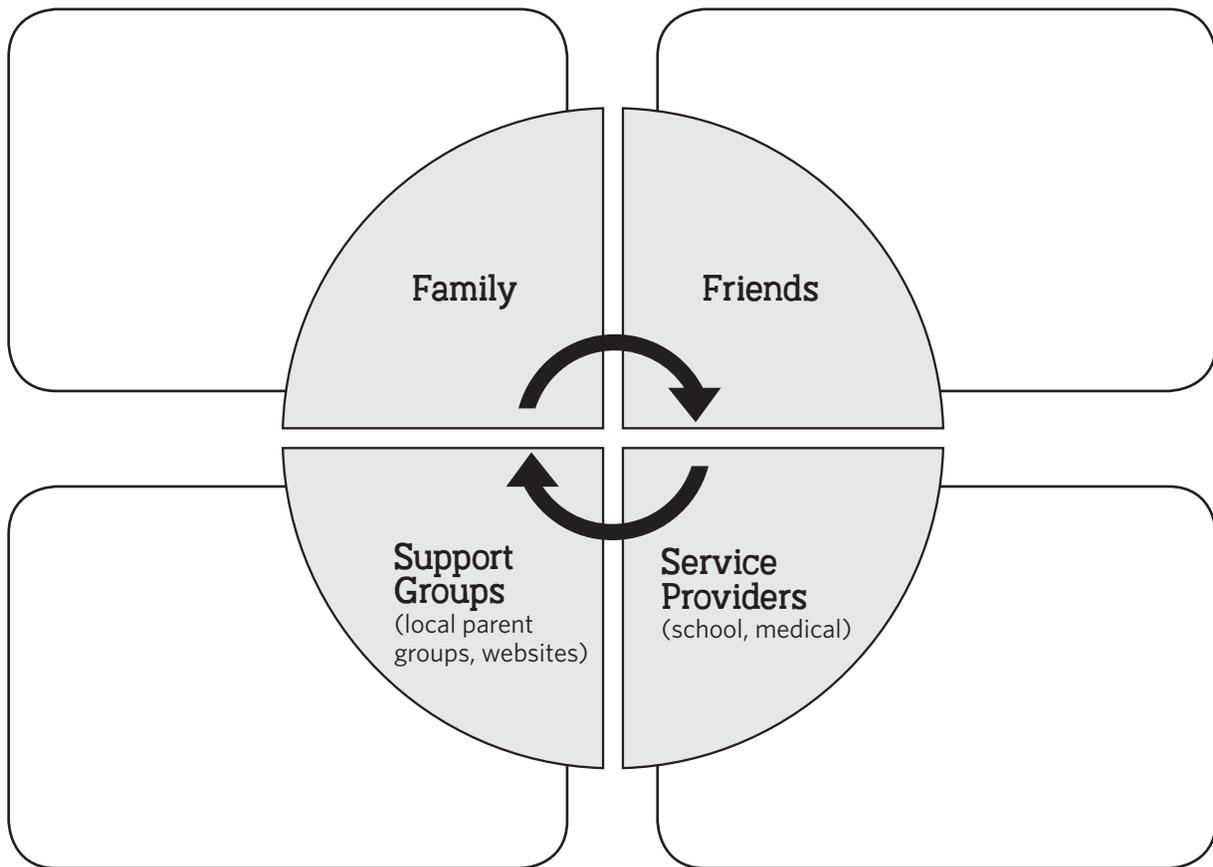


Support Network

You are not in this alone. Sometimes caregivers need a reminder that help is available when they are overwhelmed. Brainstorm family and friends that you can reach out to when you need advice or someone to help problem solve. Take some time to research organizations or support groups that provide information about your child's issues. Write down any emergency information if necessary. Keep this worksheet accessible so you can refer to it when you need to reach out to someone.



Emergency Contact Information

Checking In

Use this worksheet to record your performance as you work toward your goal. In the first column, write down how often you would like to check in. If it's a short-term goal, use days. For a long-term goal, indicate weeks. Remember to include an estimated date that you would like to complete your goal. Try not to get discouraged if your goal takes longer than expected. Ask yourself, "Am I making progress?" If the answer is yes, be proud, and keep working! If the answer is no, adjust the goal or supports required accordingly.

Goal: _____

Date to complete goal: _____

Day/Week	Am I making progress?	Do I need to make any changes?	Do I need more support?

Is My Child a Great Social Communicator?

Rate your child's skills as a social communicator. Think about interactions you have seen between them and their friends, as well as other adults. Place a ✓ in the box that best describes their ability.

	My child is GREAT at this skill!	My child may need some help with this skill	This is really hard for my child
When they are talking with friends or adults, they let other people have a turn, even when they have more to say.			
When people are talking about something that my child is not really interested in, my child still pays attention and tries to ask questions.			
They're able to stay on topic during a conversation.			
They know when they need help with something, and can ask friends or a trusted adult.			
They always give background information before they tell a story, to make sure the story will make sense.			
They think about what they say BEFORE they say it, to make sure it won't hurt anyone's feelings.			
They definitely understand that different people have different opinions, and that friends and adults don't have to agree with them.			
They can always "read people" when they are communicating with more than just their words. They use their facial expressions and body language to understand if their communication partners want to keep talking, or if it's time to finish up.			

Review your child's responses with your own responses and indicate areas of strength and weakness that you have in common.

<p>Common areas of social communication strength:</p> <ul style="list-style-type: none"> ▪ _____ ▪ _____ 	<p>Common areas of social communication weakness:</p> <ul style="list-style-type: none"> ▪ _____ ▪ _____
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In order to improve interactions with peers and members of our community we are going to work on:
