How to fill this in

This is the blank copy, so everything on it is yours to write in.

The name. It appears twice. Write it in both, so whoever is handed this knows who it is about.

The age. The number, not the birthday.

The third line under “Three things that help”. Two are printed already, because they are true of almost every child. The third is the one only you know — something like “he will answer you if you give him a moment, so please wait after you ask”, or “she copes far better standing than sitting”. One plain sentence is plenty.

The line under “One thing to avoid”. The same, in reverse, and it matters more than the things that help — “please do not touch her head without saying so first”, or “do not offer a sticker at the end, it makes the whole visit about the sticker”.

If you cannot think of anything for the last two, leave them blank. An honest blank is better than something invented on the doorstep.

cut here

Before you start — about _____

_____ is _____ years old, and finds things easier when they know what is coming.

The signal

A raised hand means stop for a moment. Please stop, and please say what is happening next before you carry on. It has been practised at home and it is the thing that makes the appointment possible.

Three things that help

1. Say what you are about to do before you do it, in plain words.
2. If there is time, let them see and hold anything that is going into their mouth first.
3. _____

One thing to avoid

Thank you. It makes a real difference.