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 five steps. In the order they really happen, not the order they appear in the book. Five short phrases — “breakfast”, “shoes on”, “the bus”.

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

_____’s day — for a sitter, grandparent or caregiver

The five steps, in order

1. _____

2. _____

3. _____

4. _____

5. _____

The signal

A raised hand means “I do not understand” or “I need to know what is happening next”. Please answer it.

If the day has to change

Say so plainly, then say what is happening instead. Not knowing is harder than a change.

One thing to avoid

_____