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 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.

When you will be back. A day, not “soon”. Soon is not a time.

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

About _____ while we are away

_____ finds things easier when they know what is coming. They have read a book about this and they know roughly what to expect.

The signal

A raised hand means “I need you” or “I do not understand”. Please answer it, even if the answer is “in two minutes”.

Three things that help

1. Say what is happening next, and when. “Soon” is not a time.
2. Keep bedtime exactly as it normally is, even if everything else has moved.
3. _____

One thing to avoid

We will be back on _____. Thank you.