

## More About Me

### Myself

My Full Name is \_\_\_\_\_, I prefer to be called \_\_\_\_\_

My Birth is \_\_\_\_\_ I am a (personality: shy, outgoing, etc.) \_\_\_\_\_

### My Family

I live with my \_\_\_\_\_, sometimes I stay with my \_\_\_\_\_

I spend more time with my \_\_\_\_\_

We like to (family events e.g. park, travel, eat out, party) \_\_\_\_\_

My religion is \_\_\_\_\_, my family celebrates \_\_\_\_\_

### My languages

Languages	I know/use	My prime languages	I want to learn
English			
Spanish			
Mandarin Chinese			
French			
German			
Turkish			
Arabic			
Portuguese			
Russian			
Hindi			
Bengali			
Polish			
Others			

The special words I use (for comfort, needs, etc.):

The words in other languages that my carers/key person can use:

Hello	Help	Pain	Unwell	Tired	Sleep	Hug
Happy	Thirsty	Water	More	Hungry	Food	Milk
Toilet	Nappy	Pee	Poo	Sad	Play	Hot/Cold

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### **My interests and preferences**

My favorite activities/toys: \_\_\_\_\_

I don't like it when \_\_\_\_\_, when I am upset, please  
\_\_\_\_\_

My favorite foods: \_\_\_\_\_ Foods I dislike \_\_\_\_\_

My dietary requirements: \_\_\_\_\_

I am allergic to / can't eat \_\_\_\_\_ and that will make  
me \_\_\_\_\_, please help me with \_\_\_\_\_

I need \_\_\_\_\_ milk during the day, please give offer me  
at/when \_\_\_\_\_

### **My Daily Caring**

At night, I sleep at \_\_\_\_\_, in the morning I wake up at \_\_\_\_\_

During the day, I don't need a nap/ I need a nap at \_\_\_\_\_, and wake up at/by \_\_\_\_\_

When I am sleepy I \_\_\_\_\_

I sleep better when \_\_\_\_\_

My comfort items (blanket, toy, etc.): \_\_\_\_\_

Diaper changing needs and preferences: \_\_\_\_\_

Toilet training status and any specific needs: \_\_\_\_\_

### **Others**

My previous childcare experience:

When I go outside:

I want you to know more about: