My Name is Jane

Insert Jane’s picture here

Please read!
This book will help you to get to know me and how I communicate.

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All About Me!

- Hi, my name is Jane!
- My friends and family call me Janie.
- I love light up and squeaky toys.
- My birthday is ____. I will be 4 years old!
- I went to Lots of Fun Preschool.
- I made lots of friends there!

You Need to Know...

- I work best in the late morning.
- Loud noises are scary to me.
- I may startle with an unexpected touch or noise. Give me a warning if you can.
- I can get sick very easily. Please make sure to stay away or stay home if you aren’t well.
I Love My Family
I like to talk about them so you need to know who everybody is

I love...

• **My Mom** – I love when she plays with me and feeds me. I love when we play “Tickle!”

• **Jenny, my sister** – She is ___ years old. I love watching Cocomelon with her!

My Friends

• I made lots of friends at **Lots of Fun Preschool**
• I liked playing with ______
• I’m excited to make new friends at school!
My Special Helpers

- Some of my helpers have included:
  - Bob & Sarah (OT, SLP - Holland Bloorview)
  - Sarah (personal support worker)
  - Dr. Awesome (My Pediatrician)

My Special Equipment

- Helpful equipment:
  - Special Tomato Seat
  - Little Step By Step communication device
  - AFO’s
  - My Stander
  - My ___ Stroller
    - When I’m in it, I prefer to be tilted back a bit.
Things I Like to Talk About

- My family, including my brother and sister
- You - Tell me about what you did today!
- Music Videos (Cocomelon)

How I Communicate & What You Can Do

- I make a crying sound = “I’m grumpy”, “I’m tired”, or “I’m hungry” - as you get to know me, or based on the time of day, you’ll know what I’m trying to say!
- I open my mouth and turn towards you = “I want more”
- I close my mouth at meals, stay still or stop smiling = “I’m done”
- I laugh and smile = “I like this!”
How I Communicate & What You Can Do

• I cry when I’m lying down = “I’m uncomfortable” - I might want to change positions
• I look in one direction while you’re talking = “I’m listening!” Be sure to include me in the conversation!
• I’m crying - ...

You Can Help me to Communicate

• Call my name before you give instructions or directions
• Be close to me, and give me a light touch when you’re talking with me
• Use clear language, speaking at a normal volume
• Wait, and give me 10+ seconds to respond (count in your head)
• Make sure my Step By Step is close by, for any opportunities!
• Remove any other distractions (bright lights, music, sounds) to help me focus
Fun Things!

- I love tickles, getting big stretches, and clapping my hands with my Mom
- I love listening to music. My favourite songs have been from the Cocomelon music videos
- I love using bells and tambourines during music time
- I like sensory play, exploring cold and wet things like water

CALL Centre 11

Fun Things!

- I like toys that light up and make music.
- My favourite is my …

CALL Centre 12
I Like Going to..

- School
- The park – *I love the special swing*

I Can’t Stand It!

- People touching my nose!

So don’t say you haven’t been warned....
I’m Working on ...

• Playing with toys all by myself
• Using my hand to activate switches for play, as well as for communication
• Using my "Little Step By Step" message device. I’m working to press this myself to call you, ask for “more”, and participate in play (e.g. saying, “I’m here”, “turn the page”, etc.).
• ...

Help Me Please!

I need with:
- eating and drinking
- getting dressed
- changing positions (e.g. going in my stroller)
Eating and Drinking

- I am trying many new purees. When I open my mouth, I'm ready for “more”. If I keep my mouth shut, I'm “not ready” or “all done”.
- When I'm eating, my formula needs to be thickened
- Check with my Mom or Dad first if there are new foods you are trying with me.

What's my Sight Like?

- I have “Cortical Vision Impairment”. That means
  - I am learning to use my eyes more and more
  - I'm understanding 2-3 colours and simple patterns
  - I'm working to touch, swat, or reach towards objects
  - My preferred colours are red and yellow
  - My eyes are attracted to lights, movement, and shiny items
Vision Strategies:

• How you can help:
  - Present items close to me
  - Use bright lights to draw my attention
  - Give me time to understand what I’m seeing
  - Remove other distractions (bright lights or windows) and/or position me away from other things that might distract me. A black tri-fold board can help block the distractions!

This book was completed with input from ______, Jane’s Mom.
If you have any questions about the material in this book, or ideas about what could be added, please let ______ know.