

## My Child's World

Favourites	Things to Avoid	Calming Strategies
Disney movies	Loud, sudden noises	Moving lights
Songs from movies he's seen	Changes to routine	Ear defenders
Spinning	New foods	Favourite songs - Let it Go from Frozen
Swing in the garden	Physical contact not initiated by him	Reading a story
Cheddar biscuits		Sitting in tent
Milk		Cuddling favourite soft toy - brown teddy bear
Chicken nuggets		
Story books		
Soft toys		

Emergency Contact:	John Smith: 01234567890
Doctors:	Health Plus Medical Practice: 01234 567890
Notes:	
<p>He likes to be on the move all the time. He will take your hand to lead you to what he wants.</p>	

