

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** **4** Preschool.
- I made lots of friends there!



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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.



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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!



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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!

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My Special Helpers

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



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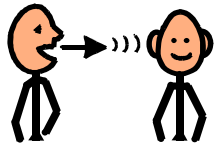
My Special Equipment



- 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.



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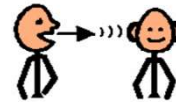


Things I Like to Talk About

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



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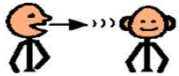


How I Communicate & What You Can Do

- 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!"

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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** - ...

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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

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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



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Fun Things!

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



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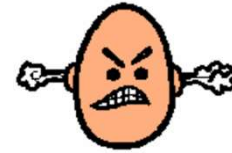
I Like Going to..

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

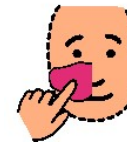


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I Can't Stand It!



- People touching my nose!



So don't say you haven't been warned....

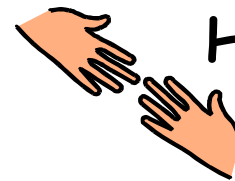
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I'm Working on ...

- 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.).
- ...



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Help Me Please!

I need with:

- eating and drinking
- getting dressed
- changing positions (e.g. going in my stroller)

CALL Centre 16

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.

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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

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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!

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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.