

One page home plan for Georgie

What people like and admire about me

The love she has for her family. A great memory for numbers and films. The way she plays with her toys. She is very caring and friendly.

Things that are important to me

- I have a number of routines I like to do each day or weekly you need to know these
- To watch High 5 on channel 5 every morning while eating two frosties bars
- To have an ice cream in a cone in the evening (ask me if I want toffee sauce). I just drink water and I like eating lots of fruit and vegetables, peeled cucumber is my favourite at this moment - I have a chunk every day in my lunchbox.
- To eat regularly and to have snacks
- My bedtime routine - I get into my pyjamas before 8pm. At 8.30pm I give my family a hug then I choose a book from the study, go to the toilet and clean my teeth. I need my bedside lamp on and I listen to Horrid Henry on C.D. I like to have books, Kitty and water bottle(s) in my bed

The best way to share difficult news is

Tell me straight but in simple words. I take words literally so don't use analogies or metaphors.

Things that are important to me when change happens

I do not like change and it can make me upset.

Sometimes I need to go and play in my room with my toys - this is ok.

I may play in the same room with you, wait until I ask you if you want to play with me.

What helps me feel better

I play by myself with my beanie dolls. I play with them by myself and it helps me think about what has happened during the day. I like to watch things on a DVD a number of times over a week. I can choose these myself. Please don't try to change this. If you are getting fed up of the same DVD ask me to watch it on my personal DVD player

How to help me feel safe

I need to be with people I know well. These are my mum, dad, papa and grandma. You need to know my routines so ask these people what they are.

How you can be successful in supporting me

I will pick up an association about our relationship - with my Papa is it playing with my Beanies. But it will not be the same thing with you. Try and remember what it is because it this helps me connect with you.

If you can only remember three things: remember this

1. Don't use language that I will take literally the wrong way.
2. If I get hungry it can make me more distressed - let me have a snack
3. Let me have time to play by myself

My week

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| Monday | Don't put a lot of food in my pack lunch today. I do not have as much time to eat my food because I have choir practice. I will not eat anything if I think I do not have enough time for lunch. |
| Tuesday | I need to hand my homework in today. |
| Wednesday | I have keyboard practice today make sure I have taken my keyboard to school. |
| Thursday | I have homework today to be handed in next week make sure that I can understand it. If not put a note in my school diary for my teacher. |
| Friday | I can stay up to 9pm on Friday nights |
| Saturday | <p>I have £3 pocket money to spend. I like to spend every penny! It may take me some time choosing what I want to spend my money on. I like to go to the town centre and have a brunch at Marks and Spencer's - I like the chicken pasta kids dish and a chocolate cookie.</p> <p>I need to practice my keyboard on this day. Can you help me set it up but don't hover when I play.</p> |
| Sunday | <p>I need to make sure I have done my homework.</p> <p>My friend comes around to play usually with my Bratz dolls I can get anxious if she does not call for me.</p> |