**Personal care**

|  |
| --- |
| I brush my teeth, or My Mum, Dad or the person who looks after me helps me.  1,639 Kids Brushing Teeth Illustrations &amp; Clip Art - iStock |
|  |
| My Mum, Dad or the person who looks after me helps me get dressed if I need help.  See the source image |

|  |
| --- |
| I have a bath or shower, or my Mum, Dad or the person who looks after me washes me. |
|  |
| I get myself up in the morning using an alarm.  See the source image |

|  |
| --- |
| I have enough clothes and they fit me. |
|  |
| My bed is washed and clean.  See the source image |

|  |
| --- |
| My clothes are clean.  See the source image |
|  |
| My bed is warm.  See the source image |

|  |
| --- |
| I like the clothes I wear and feel good in them. |
|  |
| My Mum, Dad or the person who looks after me gives me choice of what I wear. |

|  |
| --- |
| My Mum, Dad or the person who looks after me gets me up in the morning. |

|  |
| --- |
| My pad is changed when it is wet or soiled. |

My skin around my pad is clean.



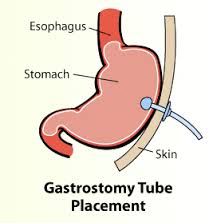
**Mealtimes**

|  |
| --- |
| There is food at home, and I eat breakfast.  See the source image |
|  |
| My Mum, Dad, or the person who looks after me makes me breakfast, lunch and dinner.  See the source image |

|  |
| --- |
| See the source imageI have hot meals at home. |
|  |
| I have enough food on my plate, so I am not hungry.  See the source image |

|  |
| --- |
| I eat dinner with my famiSee the source imagely. |
|  |

My tube is comfortable and kept clean.



**Love and affection**

|  |
| --- |
| My Mum, Dad, or the person who looks after me loves me.  See the source image |
|  |
| My Mum, Dad, or the person who looks after me gives me kisses and cuddles, they say nice things to me.  See the source image |

|  |
| --- |
| My Brother and or Sister loves me.  See the source image |
|  |
| I see the people in my family who are important to me.  See the source image |

**Supervision**

|  |
| --- |
| I am always at home with an adult. |
|  |
| See the source imagePeople other than my Mum and Dad look after me. |

|  |
| --- |
| I know the people who visit my house. |
|  |
| I look after my brother and or sister.  See the source image |

|  |
| --- |
| I have to be home by a certain time.  See the source image |
|  |
| My Mum, Dad or the person who looks after me ask who I am going out with.  See the source image |

|  |
| --- |
| My Mum, Dad or the person who looks after me checks what I am doing online.  See the source image |
|  |
| My Mum, Dad or the person who looks after me gives me some independence.  See the source image |

**School**

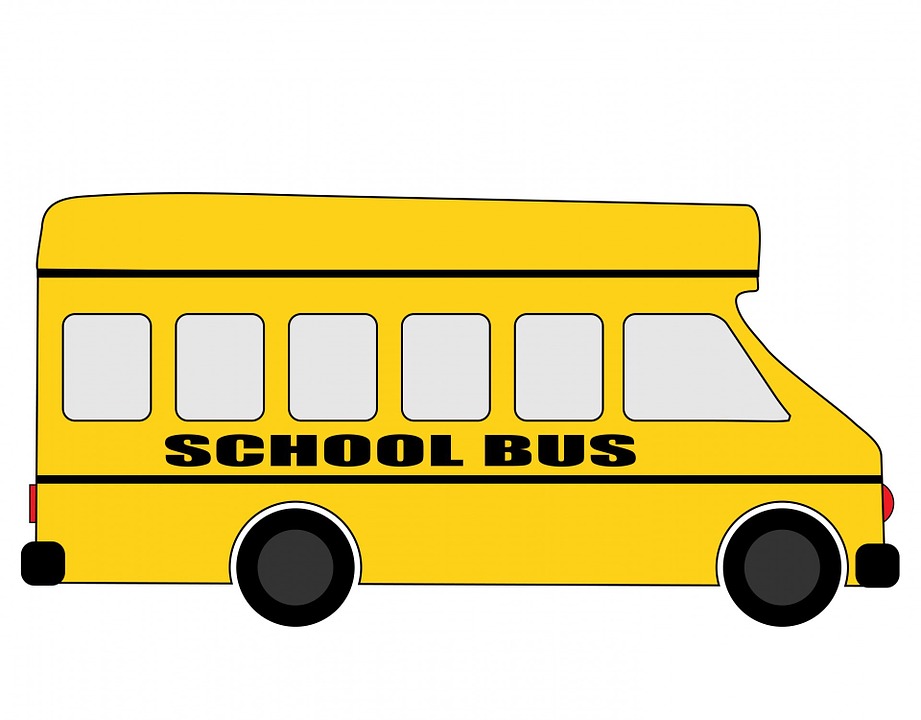
|  |
| --- |
| I am at School on time.  See the source image |
|  |
| I have friends at School.  See the source image |

|  |
| --- |
| I am happy at school.  See the source image |
|  |
| I have a packed lunch or school dinners. |

|  |
| --- |
| I walk to school on my own.  See the source image |
|  |
| There is someone at School I can talk to.  See the source image |

|  |
| --- |
| I take my brother and or sister to School.  See the source image |
|  |

I get the bus to school.



My Mum, Dad, or the person who looks after me passes messages about how I am to my teachers at school.



I have the equipment and medication I need when I arrive at school.



I feel safe on school transport.



**After School**

|  |
| --- |
| I go to after school club or do activities I enjoy after school.  See the source image |
|  |
| I watch TV or play on a games console.  See the source image |

|  |
| --- |
| I play with toys and games at home with my family.  See the source image |
|  |
| I have help with my homework if I need it.  See the source image |

|  |
| --- |
| I have social media and or watch YouTube.  See the source image |
|  |

My Mum, Dad or the person who looks after me asks me about my day and talks to me after school.



|  |
| --- |
| My family are at home after School.  See the source image |
| My Mum, Dad or the person who looks after me uses my preferred communication method.  See the source image |

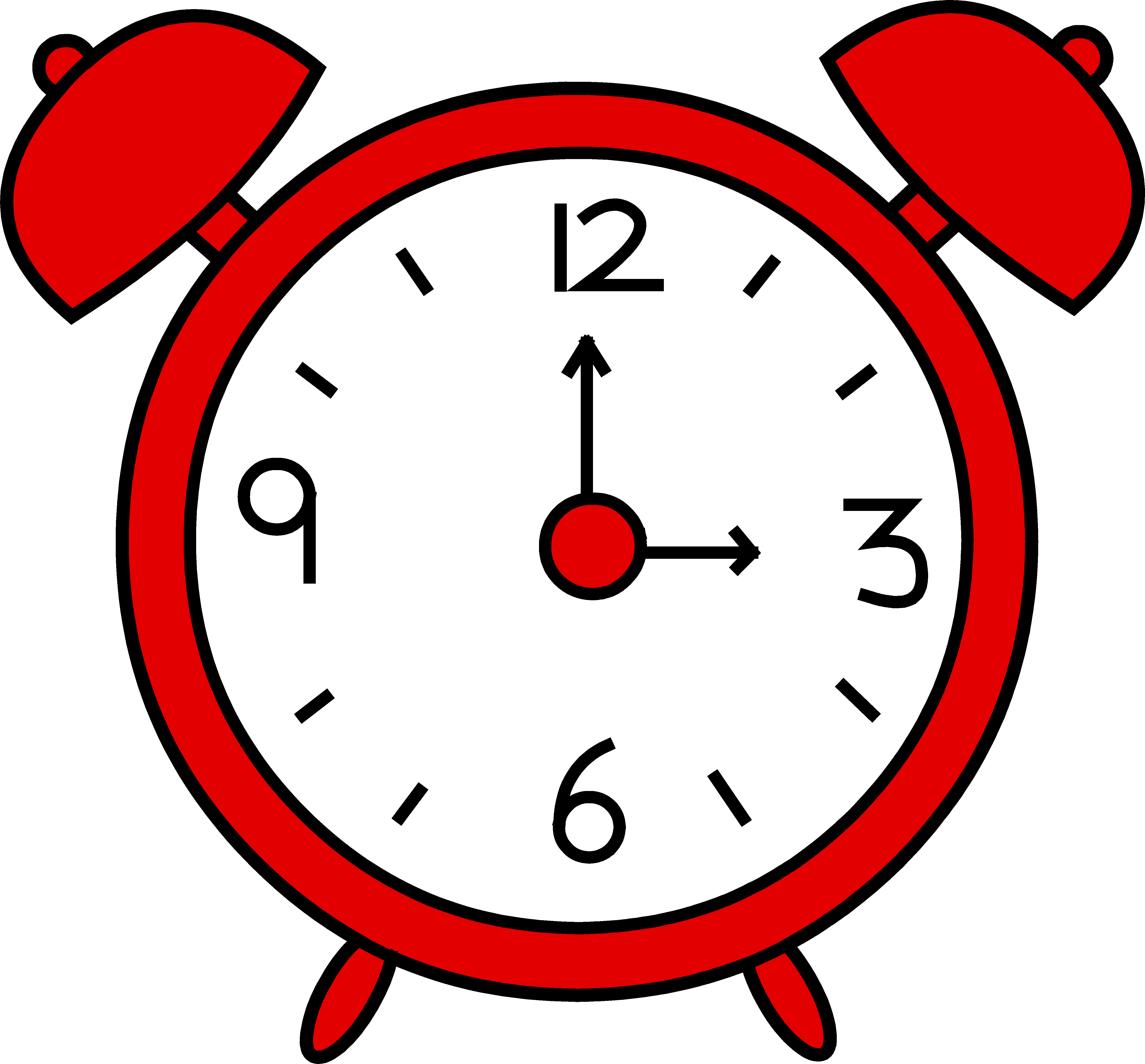
**Bedtime**

|  |
| --- |
| I go to bed the same time every night.See the source image |
|  |
| My Mum, Dad, or the person who looks after me says goodnight and puts me to bed.  See the source image |

My Mum, Dad, or the person who looks after me puts my pyjamas on.



I decide when it is my bedtime.



**Health**

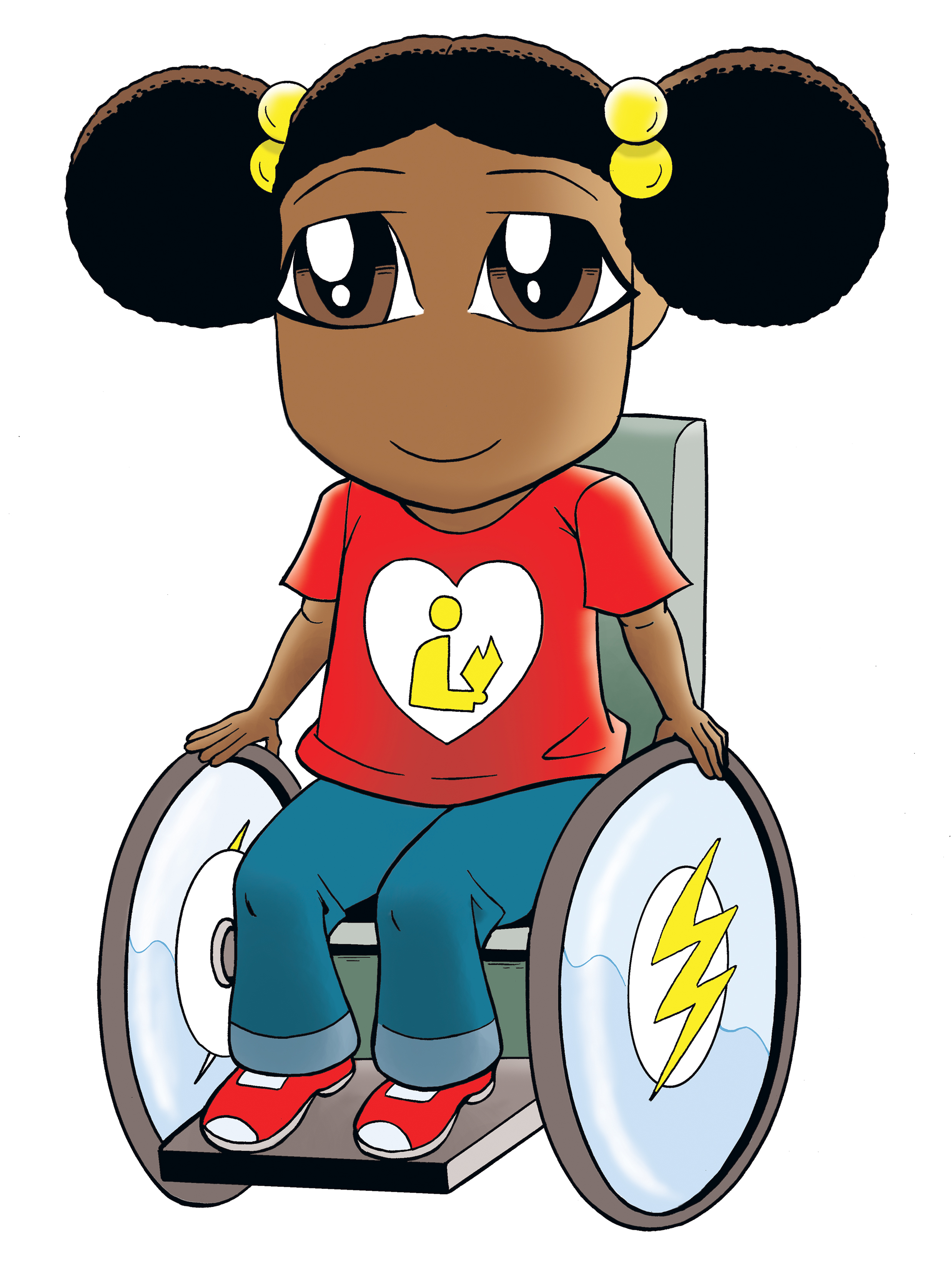
|  |
| --- |
| I go to the Dentist.  See the source image |
|  |
| I have medicine if I am poorly.  See the source image |

|  |
| --- |
| I go to the Doctor if I feel unwell. |
| My Mum, Dad or the person who looks after me takes me to my appointments.  See the source image |

My equipment is cleaned.



My equipment is comfortable.



**School holidays/weekends**

|  |
| --- |
| I have chores to do at home.  See the source image |
|  |
| I see my friends outside of School.  See the source image |

|  |
| --- |
| I go out with my family and do fun things on weekends and during holidays.  See the source image |
| My Mum, Dad or the person who looks after me works at the weekend and in the holidays.  See the source image |

I have a carer that looks after me in the holidays/weekends.

