



You Know Your Child Best

A simple guide to help you share what you see — and support your child's development



There are no right or wrong answers — your observations are the most important information your doctor will receive.

This form is used as part of your child's developmental assessment

1 What I notice

Think about the last week. What made your child upset, scared, or shut down?

At home — e.g. mealtimes, bedtime, loud TV...

At school or with other children...

In public — e.g. shops, church, transport...

2 Communication

How does your child tell you what they need? Tick all that you see.

- ☐ Words
- ☐ Gestures
- ☐ Sounds
- ☐ Pictures / symbols
- ☐ Other: describe

3 Environment

Some things feel too loud, too bright, or too much. What bothers your child?

- ☐ Loud noise
- ☐ Bright lights
- ☐ Busy spaces
- ☐ Change in routine
- ☐ Strong smells
- ☐ Crowds
- ☐ Other: describe

4 What I do to help

When your child is struggling, what helps? Tick what works for you.

- ☐ Stay calm
- ☐ Give space
- ☐ Use simple words
- ☐ Offer comfort
- ☐ Keep routine
- ☐ Reduce noise
- ☐ Other: describe

What is one small change you can make at home to help your child feel safer or calmer?

Anything else you want your doctor to know:

Have an appointment? Bring this form with you.

No appointment yet? Ask your doctor or book one today.

Have concerns right now? Contact your paediatrician directly.

SIR LESTER BURNS MEDICAL CENTRE

