

My child's

STRENGTHS & NEEDS

Use this worksheet to reflect on your child's development, strengths, and support needs, & share it with your JMCC team, doctor, or school.

Name:



What are my child's strengths? What do they do well or enjoy doing? What makes them unique?

What does my child love? Favourite activities, people, toys, or routines:

What are some challenges or concerns? Are there skills or situations they struggle with?

What helps my child succeed? What strategies, tools, or routines are helpful?

What are my goals for my child this year? Example: "Use more words to ask for help".

Questions I want to ask my care team: List anything you're unsure of or curious about.

Bring this worksheet to your next appointment or school meeting.
Visit www.jmccentre.ca or call 519-252-7281 for more support.