

Letter of need for journal

This letter is to be adapted to suit your child’s needs and to explain clearly to others in the school the difficulties your child could have in certain situations.

Not everyone your child meets in the school with know about their needs and may expect your child to do something they may find difficult or stressful.

It is to be written and printed out either as a note or on a card, to be kept in your child’s journal.

Talk through what it is for with your child before they start secondary school and encourage them to use it if they find any situation difficult.



Hi my names [CHILDS NAME] I’m autistic,

sometimes I find it hard to

* follow instructions
* Process information
* Talk to people I don’t know very well

Sometimes my behaviour might seem odd but that’s just how I cope with certain situations.

When I’m anxious or worried about something I might

* Talk in a loud voice
* Pull funny faces
* Run away
* Close down

Please understand that this is all part of who I am so please be patient with me if I’m not coping at the moment.