

Helping you to write your child's 'My Story'

When you or your child's school apply for statutory assessment, you will be asked to complete your child's 'My Story'. This is a document that outlines his or her life **from the child or young person's point of view**. You will describe school placements, explain complex relationships, and difficult times for the child or young person. You will also put in some practical information about family circumstances and what your child likes and dislikes and especially, what's important to them.

It's important that some sections of the My Story booklet are worked through with your child to capture and record their views, although not every child or young person will want to or be able to express their own views. In this case you, as their parent or carer will need to provide most of the information for them.

There is also a chance to record your own parent's views.

This leaflet aims to help you work through some of the things you might like to include. If you require further help or support, please contact the SEND Information, Advice and Support Service (SENDIASS) on 0191 5873541.

Completing your child's My Story

Photographs of your child and family and the things that are most important to him/her really bring the booklet to life. Consider adding photographs and pictures of the things he or she loves such as pets, hobbies etc.

The section asking the questions;

- What people like and admire about me
- The best way to help me now
- What's important to me now

Is one of the key sections you should work through with your child. Try to capture what they think other people might like about them, and what help they feel they need, rather than what you feel they need. What's important to them now might be something as straightforward as, for example, wanting a have a friend.

The headings below are aimed at guiding you through some of the things you and your child might want to record in the background sections of the My Story. You don't need to include it all. Some will be relevant to the age and needs of your child and some won't.

View this as an aid to thinking about your child and his/her life. Were there things that happened or didn't happen, during your child's life and development that should be included in their My Story?

The Early Years

- What was your child like as a baby/toddler?
- Were you happy about progress at the time?
- When did you first feel things were not right?
- What happened?
- What advice or help did you receive - from whom?

Your child's general health

Think about his/her eating and sleeping habits; general fitness, absences from school, minor illnesses - coughs and colds. Has he/she had any serious illnesses/accidents - periods in hospital. Are they on any medication or special diet?

Physical Skills

Does he/she have any problems with walking, running, climbing - riding a bike, football or other games, drawing pictures, writing, doing jigsaws, using construction kits, or are they particularly gifted at any of these.

Self-Help Skills

How is his/her level of personal independence - dressing, etc; making bed, washing own clothes, keeping room tidy, coping with day-to-day routine; budgeting pocket money, general independence - getting out and about.

Communication Skills

Concerns about speech and understanding of language, for example, can your child explain what they want, describe events, people, understand conversation rules/interrupting, follow instructions,

Playing and Learning at Home

- What does your child like to play with or do?
- What is your child good at or what do they enjoy doing?

Relationships

Describe your child's relationship with you, brothers and sisters; with friends; with relations; people they don't know. Does your child mix well or prefer to be on his/her own.

How do you think your child's needs affect the needs of the family as a whole?

Describe your child's relationship with other children and adults at school.

Describe your child's behaviour at home

For example, do they co-operate, share, listen to and carry out requests, help in the house, offer help, fit in with family routine and 'rules'.

How is their general mood? good and bad, sulking, temper tantrums, affectionate.

Describe the current situation at school

- How has the school helped?
- Are you happy with your child's progress with reading, writing, number, other subjects and activities at school?
- What do you think your child's special educational needs are?
- How do you think these can be best provided for?
- What do you worry about or have concerns about for your child at school?

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