

# The Life Kit Starter Pack

## 5 Essential Pages Every Special Needs Parent Needs

### 💙 About My Child

- Diagnoses and medical history
- Your child's strengths and passions
- Personality traits (e.g., shy, adventurous, sensitive)
- Sensory profile (triggers and soothers)
- Communication style and preferred tools (e.g., verbal, non-verbal)

### 💙 Daily Routines & Preferences

- Typical morning routine (waking, breakfast, dressing)
- Preferred meals and food sensitivities
- Naptime or bedtime routine
- Transition difficulties and what helps
- Preferred activities or calming strategies

### 💙 Medical Info Summary

- Primary care doctor and contact details
- List of medications and dosages
- Known allergies and reactions
- Upcoming or recurring medical appointments
- Specialist doctors or hospitals involved

### 💙 Education & Support Overview

- Current school and contact information
- Key teachers or aides involved
- Therapists or support workers (OT, speech, psychology)
- NDIS plan summary and goals
- Important reports or assessments

### 💙 Emergency Info Sheet

- Emergency contacts (with relationship and phone numbers)
- Preferred hospital or medical centre
- Critical medical information (seizures, asthma, diabetes, etc.)
- Crisis behaviour and response strategies
- One-page script or intro for first responders/carers