Pointe Cruinnithe, Eolais agus Comhairle maidir le Speictream an Uathachais

Autism Spectrum Information Advice and Meeting Point

Mo Phas Réamhscoile
My Preschool Passport

Tacar Cumarsáide do Thuismitheoirí agus d'Oidí Luathbhlianta

Communication Toolkit for Parents and Early Years Educators

Is le _____ an leabhrán seo

This booklet belongs to _____

Gaeloideachas

Guth don Oideachas lán-Ghaeilge agus Gaeltachta

Is é Gaeloideachas a chuir an leagan Gaeilge den acmhainn seo ar fáil.

Teach me As I Am

CLÁR LUATHBHLIANTA

EARLY YEARS PROGRAMME

Pointe Cruinnithe, Eolais
agus Comhairle maidir
le Speictream an Uathachais

Autism Spectrum
Information Advice
and Meeting Point

Fúm Féin
All About Me

Seo pictiúr díomsa This is a picture of me

Seo mo theaghlach This is my family

Ainm na Réamhscoile: My preschool is called:

_____

Ainm(neacha) mo mhúinteoir(í): My teacher(s) is/are called:

_____

Seo pictiúr díobh This is a picture of them

Dá mbeadh cabhair uaim riamh sa réamhscoil, bheadh mo mhúinteoir(í) ann chun cabhrú liom.

If I ever need any help in my preschool, my teacher(s) will alway be there to help me.

Na spéiseanna is mó atá agam ná... *1
My special interests are...

Is maith liom na rudaí seo chomh maith... *2
I also like...

Táim an-mhaith ag an... *3
I am really good at...

Is é mo ghnáthamh roimh an scoil ná...
My routine before school is...

*4

Ní maith liom é nuair...
I don't like it when...

*5

Is féidir é sin a leigheas trí...
This can be helped by...

*6

Bíonn na cásanna/ionchuir chéadfaí seo deacair orm:
I find the following situations or sensory inputs difficult: *7

Is féidir a aithint nach bhfuilim ar mo chompord má dhéanaim seo:
You will know I am uncomfortable if/when I do the following: *8

Is féidir leis an múinteoir cabhrú liom mothú níos fearr trí:
My teacher can help to calm me down or feel better by: *9

Seans go ndéanfaidh mé seo uaireanta agus mé ag iarraidh bheith ag spraoi...
Sometimes when I am trying to play, I might... *10

Seans go ndéanfaidh mé seo má táim trí chéile nó má tá rudaí deacair orm...
If I am upset or finding things hard, I might... *11

Tá sé ceart go leor a bheith trí chéile. Nílim ach ag foghlaim faoin gcaoi le mo chuid mothúchán a bhainistiú. Seo cuid thábhachtach den fhoghlaim!
It is ok for me to be upset. I am still learning how to manage my feelings. This is an important part of learning!

Eolas eile fúm atá tábhachtach:
Any other information you need to know about me:

*12

Anois, agus na rudaí thuas ar eolas agat fúm, beidh tuiscint níos fearr agat orm. Beidh mé in ann cabhrú liom foghlaim chomh maith agus is féidir liom.

Now that you know all of these important things about me, you will be able to understand me better, and help me learn to the best of my ability!

Treoir do Thuismitheoirí maidir le "Fúm Féin" a líonadh amach

Acmhainn atá sa Tacar Cumarsáide a chabhróidh leat eolas a thabhairt do réamhscoil do pháiste, eolas a chabhróidh leis an réamhscoil an t-athrú ón mbaile go dtí an réamhscoil a dhéanamh níos éasca. Gheobhaidh tú treoir thíos a chabhróidh leat na ceisteanna a fhreagairt.

Parent's Guide to Filling in "All About Me"

This Communication Toolkit is a resource which you can use to give your child's preschool all the information they might need for a smooth transition from home to preschool. Below you will find a guide to assist in answering the questions.

1 - Na spéiseanna is mó atá agam ná...

Tá gach páiste éagsúil lena chéile agus beidh liostaí éagsúla ann don cheist seo. Is maith le roinnt páistí bábóga agus is maith le páistí eile dineasáir. Dá mhéad eolais atá ag an múinteoir faoi seo, is ea is fearr a bheidh siad in ann cumarsáid a dhéanamh le do pháiste.

What special interests do I have?

All children are unique and therefore can have a very individual list of interests. For some it may be dolls or dinosaurs and for others it may be flags or collecting things. The more information the teacher has on this, the better they will be able to communicate with your child.

2 - Is maith liom na rudaí seo chomh maith...

D'fhéadfadh clár teilifíse, carachtar cartúin nó bia éigin a bheith i gceist anseo. Is féidir le gníomhaíochtaí ar nós míreanna mearaí a chur le chéile nó imirt ar an trampailín a bheith anseo chomh maith.

What do I like?

This could be a television show, a cartoon character or a favourite food. There may also be certain activities I like such as jigsaws or playing on a trampoline.

3 - Táim go maith ag an ...

Is minic a bhíonn nasc idir na caithimh aimsire atá ag páistí agus buanna s'acusan. Má thugann tú eolas don mhúinteoir faoi bhuanna do pháiste, beidh sé/sí in ann do pháiste a theagasc trí chur chuige atá bunaithe ar na buanna sin.

What am I good at?

Often interests and likes lead children to develop strengths in areas associated. By letting your child's teacher know their strengths, it will enable them to teach your child through a strengths-based approach.

4 - Is é mo ghnáthamh roimh an scoil ná...

Céard a dhéanaim ón uair a dhúisím go dtí go dtéim go dtí an réamhscoil? Dá mhéad eolais atá ag múinteoir do pháiste faoi ghnáthamh maidine do pháiste, is ea is fearr a thuigfidh an múinteoir é/í. Mar shampla, má dhúisíonn do pháiste an-luath ar maidin, tá seans ann go mbeidh tuirse orthu nó go mbeidh ocras orthu roimh na páistí eile.

My routine before school is...

What do I do when I wake up until I go into preschool? The more your child's teacher knows about their morning routine before they come into preschool, the more they will understand your child – For example, if your child wakes up very early they may be tired or hungry earlier than other children.

5 - Ní maith liom é nuair...

I measc na rudaí atá le cur anseo tá bianna agus bréagáin nach maith le do pháiste iad. Is féidir amhráin/ gníomhaíochtaí ar leith a lua chomh maith.

I don't like it when...

This can be anything at all that your child dislikes, from food to a toy or even certain songs or activities.

6 - Is féidir é sin a leigheas trí...

Beidh aon eolas atá agat a chabhraíonn le do pháiste le rudaí/gníomhaíochtaí nach dtaitníonn leo thar a bheith úsáideach.

This can be helped by...

Any information you may have which helps your child with things or activities they dislike will be very useful.

7 - Bíonn na cásanna/ionchuir chéadfaí seo deacair orm:

An gcuireann torainn arda, soilse geala nó bolaithe faoi leith isteach orm? An mbíonn sé deacair orm a bheith ag spraoi má tá páistí eile i mo spás pearsanta? An mbíonn sé deacair orm rudaí a roinnt, nó sealaíocht a dhéanamh?

What situations or sensory inputs do I find difficult?

Do I dislike loud noises, bright lights or certain smells? Do I find it difficult to play when other children are in my personal space? Is sharing or turn taking difficult for me?

8 - Is féidir a aithint nach bhfuilim ar mo chompord má dhéanaim seo:

Céard a dhéanfaidh mé má táim míshásta, míchompordach nó má tá ualach céadfaí orm? Cabhróidh an t-eolas seo le múinteoir do pháiste amanna a aithint ina mbíonn sos/am ciúin ag teastáil ó do pháiste.

How will my teacher know if I'm uncomfortable?

What might I do if I am unhappy, uncomfortable or overstimulated? This information will help your child's teacher understand when they may need a break or some quiet time.

9 - Is féidir leis an múinteoir cabhrú liom mothú níos fearr trí:

Is féidir aon eolas nó straitéisí a chabhraigh le do pháiste go dtí seo a lua.

How can my teacher help me to feel calmer?

Please provide any information or coping strategies you may have that has worked with your child in the past.

10 - Seans go ndéanfaidh mé seo uaireanta agus mé ag iarraidh bheith ag spraoi...

An ndéanann do pháiste aon rud as an ngnáth agus iad ag spraoi, mar iarracht chun cumarsáid a dhéanamh? Mar shampla an nglacann siad bréagáin ó pháistí eile, nó an dtarraingíonn siad gruaig pháistí eile mar mhodh caidrimh?

Sometimes when I play I might...

Does your child engage in any unconventional means of play as an attempt to communicate? For example, take a toy from another child so they will chase them, or pull a child's hair as a means of interaction.

11 - Céard a dhéanaim má bhím trí chéile?

Nuair a bhíonn siad trí chéile, cuireann roinnt páistí a mothúcháin in iúl go fisiciúil nó trí bheith ag caoineadh, agus teastaíonn ó pháistí eile a bheith leo féin. Céard a dhéanann do pháiste a chuireann in iúl go bhfuil siad trí chéile?

What do I do when I am upset?

Some children when they are upset may communicate their feelings physically or cry, whereas other children may withdraw or want to be on their own. What way does your child communicate their feelings of upset?

12 - Eolas eile?

Céard eile ba chóir a lua leis an réamhscoil faoi do pháiste? Tá sé tábhachtach an méid eolais agus is féidir leat a thabhairt, le cinntiú go mothaíonn an páiste go dtuigeann an múinteoir é/í. Ansin is féidir leis an bpáiste iontaoibh a bheith aige/aici as an múinteoir.

Any other information?

What else do you feel it is important that your child's preschool knows about them? It is important to give as much background as possible so your child will see their teacher as a person that they can trust and that understands them.

Area Based Childhood Programme (Limerick) (2018) *Ambitions for Transitions: A Guide to Support Every Child's Progression from Early Years' Services to Primary School*, Limerick: Area Based Childhood Programme.

Area Based Childhood Programme (Limerick) (2018) *Ambitions for Transitions: A Guide to Support Every Child's Progression from Early Years' Services to Primary School*, Limerick: Area Based Childhood Programme.

A mhúinteoir, a chara,

Mar is eol duit, tá an chumarsáid éifeachtach ríthábhachtach sna luathbhlianta agus tá sí mar cheann de na ceithre théama atá mar chuid den fhráma curaclaim atá ag Aistear. Tá ról lárnach ag an gcumarsáid sa saol agus baineann tábhacht ar leith léi do na páistí i do rang a bhfuil moill teanga nó moill forbartha acu, áiteanna ina mbíonn tionchar ag an méid a tharlaíonn sa bhaile roimh an réamhscoil ar fhoghlaim an pháiste. Mar pháistí óga, iad siúd a bhfuil uathachas orthu nó deacrachtaí forbartha acu go háirithe, bíonn sé deacair orthu mothúcháin a chur in iúl duit ar bhonn díreach. Mar sin, baineann tábhacht bhreise le teagmháil a dhéanamh le tuismitheoirí/caomhnóirí an pháiste chun leas agus forbairt an pháiste a chinntiú.

Sa Tacar Cumarsáide do Thuismitheoirí agus d'Oidí Luathbhlianta, tiocfaidh tú ar uirlisí agus teimpléid ar féidir leat iad a phriontáil amach. Is í aidhm na hacmhainne ná aiseolas a thabhairt do thuismitheoirí na bpáistí maidir leis na gnéithe seo a leanas: eispéiris foghlama laethúla agus míosúla, spriocanna, buanna, spéiseanna agus réimsí forbartha.

Dear Teacher,

As you are aware, effective communication is vital in the early years and makes up one of the four themes of the Aistear framework for curriculum. Communication is also a very important part of life in general and can be of particular importance to children in your class with developmental or language delays, where what happens at home and before preschool can directly impact how a child learns in your setting. As young children, particularly those with autism or developmental delays may find it difficult to communicate feelings and worries to you directly, communicating with their parents and guardians is of paramount importance for the child's well-being and development.

Within this Communication Toolkit for Parents and Early Years Educators, you will find some tools and templates which can be used, printed or adapted for your individual setting. The purpose of this resource is to provide feedback to the parents of children in your class regarding daily and monthly learning experiences, goals, strengths interests and areas of development.

Pointe Cruinnithe, Eolais agus Comhairle maidir le Speictream an Uathachais

Autism Spectrum Information Advice and Meeting Point

Teimpléad Míosúil
Monthly Template

Cén chaoi a bhfuil ag éirí le do pháiste sa réamhscoil an mhí seo?

How is your child doing in preschool this month?

Réimsí Buanna
Areas of strength

Réimsí a bhfuil gá le forbairt iontu
Areas for development

Céard a dhéanfaimid obair air sa réamhscoil (sa dá réimse)
What we will work on in preschool (for both)

Céard is féidir leat a dhéanamh sa bhaile
What you can do at home to help

Pointe Cruinnithe, Eolais agus Comhairle maidir le Speictream an Uathachais

Autism Spectrum Information Advice and Meeting Point

Teimpléad Seachtainiúil (cuir guth/obair ealaíne an pháiste san áireamh, más féidir
Weekly Template (if possible, include child's voice and/or artwork)

Dé Luain ***Monday***	**Rud éigin faoi mo lá!** ***A little bit about my day!*** **Bhí spraoi agam nuair...** ***I had fun when I...*** **Nóta do na tuismitheoirí:** ***Teacher's note to parents:***	**Naisc le hAistear** ***Links to Aistear*** (ms Aidhm 1, Sprioc Foghlama 1) *(eg Aim 1, learning goal 1)* **Folláine:** ***Well-being:*** **Taiscéalaíocht agus Smaointeoireacht** **Exploring and Thinking:** **Féiniúlacht agus Muintearas:** **Identity and Belonging:** **Cumarsáid:** **Communication:**
Dé Máirt ***Tuesday***	**Rud éigin faoi mo lá!** ***A little bit about my day!*** **Bhí spraoi agam nuair...** ***I had fun when I...*** **Nóta do na tuismitheoirí:** ***Teacher's note to parents:***	**Naisc le hAistear** ***Links to Aistear*** (ms Aidhm 1, Sprioc Foghlama 1) *(eg Aim 1, learning goal 1)* **Folláine:** ***Well-being:*** **Taiscéalaíocht agus Smaointeoireacht** **Exploring and Thinking:** **Féiniúlacht agus Muintearas:** **Identity and Belonging:** **Cumarsáid:** **Communication:**
Dé Céadaoin ***Wednesday***	**Rud éigin faoi mo lá!** ***A little bit about my day!*** **Bhí spraoi agam nuair...** ***I had fun when I...*** **Nóta do na tuismitheoirí:** ***Teacher's note to parents:***	**Naisc le hAistear** ***Links to Aistear*** (ms Aidhm 1, Sprioc Foghlama 1) *(eg Aim 1, learning goal 1)* **Folláine:** ***Well-being:*** **Taiscéalaíocht agus Smaointeoireacht** **Exploring and Thinking:** **Féiniúlacht agus Muintearas:** **Identity and Belonging:** **Cumarsáid:** **Communication:**

Déardaoin ***Thursday***	**Rud éigin faoi mo lá!** ***A little bit about my day!*** **Bhí spraoi agam nuair...** ***I had fun when I...*** **Nóta do na tuismitheoirí:** ***Teacher's note to parents:***	**Naisc le hAistear** ***Links to Aistear*** (ms Aidhm 1, Sprioc Foghlama 1) *(eg Aim 1, learning goal 1)* **Folláine:** ***Well-being:*** **Taiscéalaíocht agus Smaointeoireacht** **Exploring and Thinking:** **Féiniúlacht agus Muintearas:** **Identity and Belonging:** **Cumarsáid:** **Communication:**
Dé hAoine ***Friday***	**Rud éigin faoi mo lá!** ***A little bit about my day!*** **Bhí spraoi agam nuair...** ***I had fun when I...*** **Nóta do na tuismitheoirí:** ***Teacher's note to parents:***	**Naisc le hAistear** ***Links to Aistear*** (ms Aidhm 1, Sprioc Foghlama 1) *(eg Aim 1, learning goal 1)* **Folláine:** ***Well-being:*** **Taiscéalaíocht agus Smaointeoireacht** **Exploring and Thinking:** **Féiniúlacht agus Muintearas:** **Identity and Belonging:** **Cumarsáid:** **Communication:**

Buanna a tugadh faoi deara an tseachtain seo:
Strengths observed this week:

Réimsí forbartha a tugadh faoi deara an tseachtain seo:
Areas of development observed this week:

Céard í an chéad chéim eile?
What is the next step?

Nótaí/pleanáil bhreise:
Further notes/planning: