

What's in My

change bag



5 x nappies
(2 in the bonnet)
wipes
scented nappy bags
Calmoseptine Cream

What Are My in

emergency things



Gastrostomy Care Kit - instructions included



Dummy - for periods of complete meltdown maybe a discreet suck on the "do not disturb" dummy could assist. I have not used this in the daytime for almost a year. It would only be if I hurt myself and you were unable to settle me.

ALSO: I have a neck cooler in my lunch box and a dry one in the emergency pocket for very hot days.

CheAT sheets for

Mac



my
contact
details

What's in My

school bag



back section - pencil case & library bag
front section - lunch box, bibs, face cloths, lap towel, spare shirt, spare shorts
small zipper section above name: emergency items
left side pocket - bandanas for my dribbly days
right side pocket - spare water bottle
front pouch - safety glasses

What's in My

lunch box



munch & crunch: small container of "Ducks Nuts" ground with maple syrup & cream
gravity feed water bottle - first lot of water at m&c

lunchtime: square container of porridge w/- brown sugar & cinnamon - I usually eat this quite easily so it might be a good option for my first day.

other things... if I don't eat all my porridge at lunch I can have some more at recess.
Can I please have a second water feed in the afternoon so I don't get dehydrated - timing at your discretion.

There a syringe and second tube for feeding if uncomfortable with the bottle option.
Please send uneaten portions home so Mum & Dad can check how/what I ate for the day.

What's in My

pencil case



lipstick crayons - I might need a neoprene holder to help me use them



scented markers. these might be too small for me to use but will give me a different sensory experience if someone helps me.



hand shape markers. no lids required. i will need help holding them. They are nice and bright and quite wet. Just rub on the paper to get them working.



easy grip crayons - lots of colours sometimes easier to use with two colours on the page at once.



triangular markers - again no lids just rub on the paper to get them working. neoprene holder on one as an example of grips. extra neoprene in the front of the pencil case



my remote control Colour Bug
this is a battery operated remote control pen holder that has been modified to make it easier for me to drive. I might need someone to hold the controller in place - or maybe velcro it to the desk. the markers to use are either the crayola textas or the gel pastels. The pastels will work on dark or light paper. I do have a large A2 tray for this but we might need a smaller one. be sure to tell my mum what you think I need.