

Key people in my child's life

Brothers/sisters names and ages:

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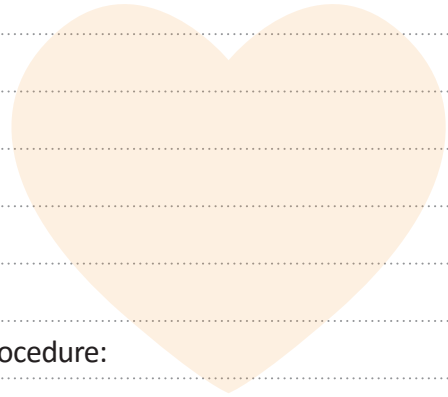
Key family members /other important people (e.g. grandparents, aunts, uncles, etc)

<i>Name</i>	<i>Relationship</i>	<i>Phone number/s</i>

	<i>Name</i>	<i>Phone number/s</i>
<i>Doctor</i>		
<i>Support Worker</i>		
<i>Child Care Centre</i>		
<i>School</i>		
<i>Teacher</i>		
<i>Babysitter</i>		
<i>Others</i>		

My child has an allergic reaction to (and details):

The allergic reaction will look like:



If this reaction occurs it is important to follow the following procedure:

Medications or special health care requirements:

Instructions/further details:

My child's Medicare number:

My child's Medical records are held at the following clinic:

The doctor they are more familiar with is:

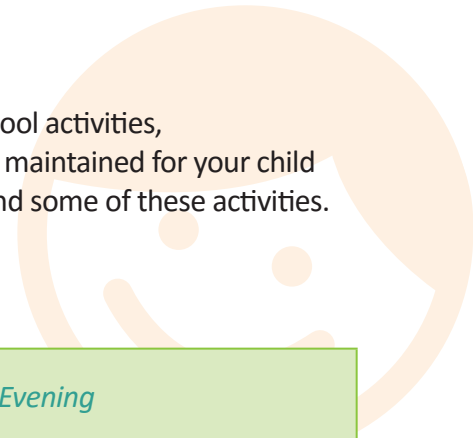
My child's regular appointments (e.g. medical or therapy appointments):

Instructions/further details:



My child's regular activities

Here is a calendar to detail the things your child does each week (e.g. after school activities, seeing friends, appointments etc.). Use this to discuss the routines that can be maintained for your child when you are not there. You may have people who can help your child to attend some of these activities. In this case, include their names and contact details.



	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>
<i>Monday</i>			
<i>Tuesday</i>			
<i>Wednesday</i>			
<i>Thursday</i>			
<i>Friday</i>			
<i>Saturday</i>			
<i>Sunday</i>			

About my child

Favourite and/or disliked foods:

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Foods they are allergic to:

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Hobbies and things they like to do to relax:

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Cultural or religious customs (e.g. Church? When and where?):

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Favourite TV shows, movies, books or magazines:

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Favourite music, bands, sport or sporting team:

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My child's friends and places they can go to play:

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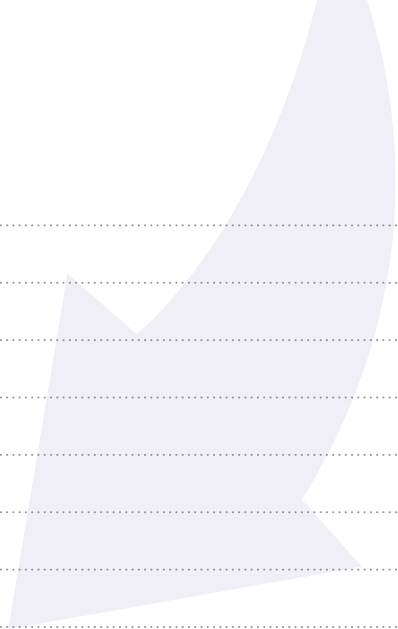
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Other details:

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Staying connected when we are apart

If a parent/legal guardian is hospitalised, I/we would like the following to options to be discussed with my child, if possible:

- Child to visit when parent/legal guardian is feeling well enough.
- Child to speak with the parent/legal guardian by phone when the parent/legal guardian is feeling well enough.
- Child to be shown photos of the parent/legal guardian regularly.
- The opportunity for the child and parent/legal guardian to write letters to one another.
- Other:

Please add any additional information here:

Things that will make it easier for my child if they are staying away from home:

If my child is upset the following things might help:

When you are communicating with my child

- Please allow them to express their worries and concerns.
- Please listen and show understanding. Please do not tell them they are being 'silly' or negate their feelings or worries.
- Please do not tell them to 'grow up' or 'be brave'.
- Please tell them they are loved very much.

Other things:

About their favourite things

Having familiar things is important, to help my child feel secure. (e.g. favourite clothes, a family photo, school bag, books, school uniform, own pillow, favourite toy, toothbrush, diary, music).

List helpful items here...

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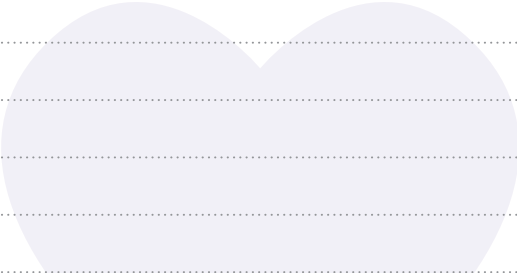
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Details of people who have a copy of this plan:

Name	Organisation (if applicable)	Phone number/s

This plan was developed by the Children of Parents with a Mental Illness (COPMI) national initiative. It is based on a children's plan developed by COMIC (Children of Mentally Ill Consumers) with the support of many people who assisted in its development and review. This is gratefully acknowledged.

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