



# Building on My Strengths

*Every child is unique and has their own strengths. You know your child best. Sharing what you know about your child with their teacher will help to support your child's learning needs at school.*



## How do I get started?

Use the four areas to reflect on your child's strengths and needs. The information can be used to share with your child's teacher all the important things that make your child unique. Each of these categories of strengths can be nurtured and developed with time and effort. When we know the strengths of a child, we can help improve their weaknesses.

Student's Name:

Student's Age:

This year I want my child to...

## Strengths

What does your child do well?

What school subjects/activities does your child enjoy?

What do I enjoy about my child?

## Preferences

My child learns best when...

My child communicates best when...

My child engages with others best when...



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## Interests

What does your child enjoy and like to do at home and in the community?

What topics motivate your child?

Who does your child like to spend time with?

## Needs

What works best to support your child to increase their independence?

What skills does your child need to learn this year?

During what activities does your child need more support?

Are there any additional needs you would like to share?

**Would you like to share anything else?**

This form was adapted from the [I'm Determined](#) project, a state directed project funded by the Virginia Department of Education.