

What I notice at school and at home

To fill in by the parent and the school, then compare. The goal: understand the child better, not ask her to try harder. This sheet is not a diagnosis.

	At school	At home
Her energy at the end of the day		
Friendships, groups, recess		
Instructions, sarcasm, hints		
What she hides or holds back		
What tires her		
What helps and calms her		

What often helps

- quiet time after school, no questions right away
- her interests, to recharge
- a quiet place to step away at school
- written instructions and a trusted adult
- classmates and staff who understand her better

In Québec

- Talk to the doctor, or call Info-Social 811
- Autism diagnosis: physician, psychologist or neuropsychologist, mental health nurse practitioner
- An SLP assesses communication: no diagnosis needed to start

Need help right now? 911 in an emergency · 9-8-8 (call or text) · 1 866 APPELLE or text 535353 (Québec) · Kids Help Phone 1-800-668-6868 or text CONNECT to 686868

Sources: Fédération québécoise de l'autisme (2025); Québec health ministry (2024); Kasari et al. (2012); Raymaker et al. (2020). General information: this sheet does not replace an assessment.