Here are some ideas to help support my child when she is frustrated, angry, or sad.

Here are some ideas how to keep my child healthy and safe at school. (For example, are there certain foods and/or activities that your child should avoid because of allergies or other physical concerns?)

Teacher’s Corner:

Adapted from:
3. Introducing Me! adapted by University of Washington, Center for Quality Early Learning (CQEL) and Office of Superintendent of Public Instruction (OSPI). Last revised May 2013.

The best way to reach my family is

The best time to reach my family is __morning  __afternoon  __evening  __weekend

Revised May 2015 / संसोधन गरिएको म 2015

For more information about WaKIDS, contact: WaKIDS@k12.wa.us | (360) 725-6161

Nepali

Here are some ideas how to keep my child healthy and safe at school. (For example, are there certain foods and/or activities that your child should avoid because of allergies or other physical concerns?)

Write Child’s Name
बच्चाको नाम लेख्न होस्

Please attach a photo or ask your child to draw a picture of him or herself with the family.

The best way to reach my family is _______________________________________________________

The best time to reach my family is __morning  __afternoon  __evening  __weekend

This is the best phone/email to reach us _______________________________________________________

For more information about WaKIDS, contact: WaKIDS@k12.wa.us | (360) 725-6161

Nepali
The name my child likes to be called is मेरो बच्चालार्इ बोलाएको मन पर्ने नाम

What activities does your child really enjoy? तपाईंको बच्चाले बास्तवमा रमाइलो मान्ने क्रियाकलापहरू केके हो?

Who are the family members or friends your child most enjoys spending time with? What are some of the things they do with your child? तपाईंको बच्चाले सबतभन्दा धेरत रमाइलो गरी समय बिताउने परिवारको सदस्यहरू वा साथीहरू को केके हूँ? तपाईंको बच्चासँग उनीहरूले गने केही क्रिया राख्ने केके हूँ?

What helps your child feel more comfortable in new social situations? नवाँ सामाजिक अवस्थाहरूमा तपाईंको बच्चाले सबतभन्दा आरामदायी महसूस गने केले सहायता गर्ने?

How does your child respond to new situations or challenges? नयाँ अवस्थाहरू वा चर्चातिस्मार्क तपाईंको बच्चाले कसरी प्रतिक्रिया दिन्छ?

We speak the following languages in our family हामी परिवारमा हामीले निम्न भाषाहरू बोल्छौं:

Give a recent example of a time when your child learned something new and how they learned it.

My child lives with these adults मेरो बच्चा यी उपयुक्तसंथास्थर्ण बसछ

My child lives with _______ other children. Their names and ages are मेरो बच्छा _____ अन्य बालबालिकासँग बसछ। तिनीहरूका नामहरू र उमेरहरू यी हुन्

My child is close to मेरो बच्छा विनीहरूसंग नजिक छन्

We speak the following languages in our family हामी परिवारमा हामीले निम्न भाषाहरू बोल्छौं: