

Age-Appropriate Behaviour Guide

Ages 3-5

- ☐ Short attention span
- ☐ High energy
- ☐ Big emotions
- ☐ Difficulty waiting turns
- ☐ Frequent movement

Ages 9-12

- ☐ Daydreaming
- ☐ Disorganization
- ☐ Emotional sensitivity
- ☐ Increased independence struggles

Ages 6-8

- ☐ Forgetfulness
- ☐ Occasional impulsive behaviour
- ☐ Difficulty sitting still for long periods
- ☐ Emotional frustration during homework

Reflection

Do these behaviours happen:

- ☐ Occasionally
- ☐ Frequently
- ☐ In multiple environments (home/school/social settings)

School Concern Checklist

Questions to Consider

- ☐ Are behaviours affecting learning?
- ☐ Does my child struggle socially?
- ☐ Does my child become easily overwhelmed?
- ☐ Are difficulties happening consistently at school and home?

Questions to Ask Teachers

- When does my child focus best?
- What strategies seem to help?
- Are behaviours affecting friendships or learning?
- Are there noticeable triggers?

Calm-Down Routine Chart

When I feel overwhelmed,
I can:

- ☐ Take deep breaths
- ☐ Use a quiet corner
- ☐ Take a movement break

Parent Support Strategies

- ☐ Use calm instructions
- ☐ Keep routines predictable
- ☐ Break tasks into smaller steps