SHARE WHAT HELPS, IN YOUR OWN WAY

Working Together Around My Star

A practical sharing sheet for parents, carers and trusted adults



A few clear, strengths-focused details can help the important grown-ups around a Star work together.

Use these pages to prepare for a conversation or share information with someone you trust. You decide what to include, who sees it and when. You can leave out private details that are not needed.

Start with who your Star is

Begin with the child, not a list of difficulties. Include interests, strengths and ways they enjoy connecting.

My Star enjoys / is interested in:

Things they are proud of or do in their own way:

A good way to build connection with them:

Something I want adults to notice about my Star:

A strength might be curiosity, humour, creativity, persistence, kindness, noticing details, or knowing when to take a break.

What helps my Star take part?

Share practical information that may help the adult support your Star. Use examples that are useful in this setting.

How my Star communicates (including non-speaking communication):

How they show comfort, interest, uncertainty or “no”:

Helpful routines, explanations or visual supports:

What can make this situation harder - and what may help:

A child may communicate differently with different people. Invite the adult to keep noticing and checking, rather than assuming one cue always means the same thing.

Plan a useful conversation

You can use this page before a meeting, phone call or quick handover. Keep the purpose clear and ask for time to add details later if needed.

Who am I speaking with and what is the conversation about?

What would be most useful for them to know?

[ ] A strength or interest

[ ] A routine or transition support

[ ] A way to offer choices

[ ] A helpful communication approach

[ ] A sensory preference

[ ] A trusted contact for questions

What do I want to ask them?

What have we agreed to try or check?

It is okay to ask: “Could you write that down for me?” or “Can we agree who will follow up?”

A simple handover note

Copy or print this page when a short, practical update would help. Include only information the recipient needs for the support you are discussing.

Date / situation (optional):

What went well for my Star:

What seemed difficult and what helped:

The next helpful step / who will do it:

Privacy reminder

Share information thoughtfully. Ask who needs to see it, how it will be stored and whether it may be passed on. You can update or withdraw information that is no longer helpful. Your Star can be involved in sharing in a way that suits their age and communication.

Working together means staying curious, respectful and willing to adjust when your Star shows you something new.