

All About Me



Name: _____

Schedule: (naps, feeding...)

Comforting Me:

Comfort Items: _____

Favorite Songs or Books: _____

What helps me calm when I am upset: _____

What helps during a negative stimuli or a procedure:

- pacifier
- sweet-ease
- swaddling
- containment hold
- procedure happens outside of crib
- held after procedure
- other:

