

Dear Mom or Dad _____, (fill in what your child calls you)

I love you! I'm just overwhelmed and stressed out right now and I don't know how to tell you what's wrong. I probably don't even know what's wrong! I need you to help me out here...Before you get upset or yell at me, please check the following list and take care of what you think I need.

- Am I hangry?
- Am I thirsty?
- Am I tired?
- Am I uncomfortable?
 - Hot or Cold
 - Itchy or in pain
- Do I need to go to the bathroom?
- Am I in a transition?
 - Leaving the house
 - Coming home from school
 - Getting ready for bed
 - Ending playtime or TV time
- Am I getting sick?
- Am I OVERSTIMULATED?
 - At a play date, playground, party or in a store
- Do I need a hug?

Thank you!

Love,

_____ (Your child's name)