

## Jos' Communication Chart

What is happening/ Where/When	When Jos Does This...	We Think it Means...	And We Should...
Anytime and anywhere	Jos is clingy and talks in a baby voice. Jos asks for a snuggle (cuddle on your lap).	Jos needs reassurance.	Jos enjoys a 'snuggle' on Mummy or Daddy's lap, with 'harfy' (this is an old scarf of Mummy's and is Jos' most reassured possession) and a drink. Either milky decaff tea (in his green 'tea' cup) or a diluted drink of juice (in his blue 'juice' cup). Jos will get down when he is ready.
Mid-day and bedtime	Jos gets really 'tatty' and short-tempered. Jos is easily reduced to tears and wants to be carried.	Jos is tired.	During mid-day, where possible take Jos out in the car. Take 'harfy' and a beaker of warmed milk. Jos likes to wear a bob hat and his coat during winter. At night time, Jos has a bath every other evening and this helps to relax him OR have warmed milk and 'harfy' ready, give Jos a 5 minute, then a minute verbal prompt that bedtime is approaching. Invite Jos to walk upstairs to choose his bedtime stories. Jos needs support with brushing his teeth, washing his hands and face and drying them with a towel afterwards. Jos chooses 2-3 stories, read them to him and tuck him into bed, with 'harfy' and his milk. In winter Jos also likes to have his hot water bottle in bed with him, by his feet.
Playing with other children	Gets uptight, shouts, says "it's mine" or "Patriok says he's not my friend".	Jos needs reassurance.	Know that Patriok is very important to Jos and Jos feels a great sense of injustice when having to share his toys with other children. Encourage Jos to share his toys and praise Jos/ clap hands when he does so. Physically encourage Jos to share if necessary. Reinforce that we all love each other/ we are all friends and it is kind/ fair to share toys/ books.
Anytime	Jos is asking for his dinner or 'special treats' repeatedly.	Jos is hungry.	Make Jos something to eat. For breakfast, Jos likes a small bowl of dry cornflakes or cheerio's and a bowl of fruit cut up (apple, satsuma, pear, grapes, 1/2 banana, raisins); for lunch, Jos enjoys a sandwich (ham/ bacon/ cheese) / finger foods such a sliced oheese, raw carrot and loves mini pitta breads with (Country Life) butter; For tea Jos is encouraged to sit at the dining table. He enjoys pasta, vegetables (broccoli, baby sweetcorn, carrots are his current favourites), any meat and fish. Jos always has a drink (milky decaff tea or diluted juice/ water).
Anytime	Jos is lethargic, clingy, red faced, tugs at his hair, is tearful.	Jos is feeling poorly.	Ask Jos where it hurts, where it is sore and offer to kiss it better. Jos can have Calpol (5ml 4 times a day) and if needed, this can be topped up with ibuprofen for children (5ml 3 times a day). Jos has an ear thermometer and is usually happy for you to take his temperature. Always show Jos the thermometer first.
Anytime	Jos is repeatedly trying to say something; may get impatient with himself!	Jos is trying to get his message across.	Listen carefully to Jos and repeat back to him what you think he is saying. Jos can sometimes get a little frustrated but appreciates your efforts in trying to understand him. Be honest if you just can't get what he is saying. Never laugh at him and distraction methods only add to his frustration. Where possible ask Jos if he can show you or take you somewhere if appropriate. Jos uses lots of sign language (BSL and Signalong); always use this and ask Jos to sign what it is he is trying to convey verbally.