Child's Individual Preferences

Name Of Child: __Charli Anderson__   Age: __3__   Date: __January 6, 2017__

Dear Parent,
It's important for us to gain information on your child's food, sleeping and toileting habits as this will assist us in getting to know your child's needs and helps us to understand your child's individual preferences. Please fill in the form below and return it to your child's educator as soon as possible.

Food Habits

Eats by self: _Yes, however likes food to be cut into little pieces for easy handling._

Drinks from a cup: _Yes, prefers to drink milk from a straw and water through a drink bottle._

Drinks from a sipper: _No._

How child prefers to eat: _Uses, forks, spoon and hands._

Foods your child dislikes: _Doesn't like broccoli, eggplant or onion._

Allergies/restrictions/diet: _Strict vegetarian - no meat, no fish, no eggs._

Additional Information: _Is fussy and doesn't like to try new foods however always must have a taste at least._

Sleeping Habits

Sleeps in own room: _No_

Sleeps in a cot/bed: _Yes_

Co- sleeps with parents: _Yes - co-sleeps with us - has a open cot/bed joined to our bed._

Sleeps with dummy/toy: _No_

Sleeps during the day? How long? _Usually 1 hour however some days may not sleep only rest._

Additional Information: _Will only sleep in afternoon when tired if doesn't sleep, it's OK however must rest/lay down._

Toileting Habits

In nappies/pull ups: _No._

Started toilet training at home: _Yes, has been completely trained since 1 years old._

Sits on the toilet: _Yes_

Does wee in the toilet: _Yes_

Does poo in the toilet: _Yes_

Wears nappy at night: _No_

Additional Information: _Has stopped wearing a nappy at night for the past 3 months. No more nappies!_

Anything else we should know:

Charli is very easy going. Please make sure that NO non vegetarian food is given. That is my overall worry. It's important to us that all educators are aware of this when offering foods. Some times may be hungrier than other times... Doesn't always eat fruit however prefers milk during morning and afternoon tea. Not a big fan of cakes and biscuits so may refuse to eat these, if offered.

Thank you for your time!
We really appreciate it!
Feel free to talk to us if you have any further questions or concerns.