

MY AUTISM CHILD'S EMERGENCY INFORMATION CARD

To be printed, laminated, and kept in your child's bag, pocket, lunch box, or with a caregiver.

My Child's Basic Information

Full Name: _____

Nickname (if any): _____

Age: _____

Sex: Male / Female

Date of Birth: _____

Diagnosis: Autism Spectrum Disorder (ASD)

Parent/Caregiver Information

Primary Contact Name: _____

Relationship: _____

Phone Number: _____

Alternative Contact Name: _____

Phone Number: _____

Emergency Medical Info

Allergies: _____

Medications: _____

Medical Conditions: _____

My Child's Autism Profile

Verbal / Nonverbal (Circle one)

Has Speech Delay: Yes / No

Sensory Sensitivities: (Tick all that apply)

- Loud Sounds Bright Lights Touch Smell Crowds
 Transitions Food Textures

Behaviors You Might See: (e.g., hand flapping, stimming, shouting, running)

Things That Help Me Stay Calm: (Tick or fill in)

- Deep Pressure Hugs Quiet Place Headphones Favourite Toy
 Repeating Words Singing / Music Visual Aids

Important Notes:

"My child is not misbehaving. They are autistic and may react differently to stress or change."

Calming Instructions for Strangers / First Responders

Please speak calmly and slowly.

Avoid physical restraint unless absolutely necessary.

Let them hold their calming object.

If lost, please call the contact numbers on the front of this card.

Important Reminder for Parents:

Print multiple copies.

Laminate for durability.

Place in bags, school files, car glove box, or hand over to caregivers.

