

Supply EA "Sam Cheat Sheet"

Congratulations! You are going to be working with one amazing kid today! In the event that Sam's regular EA is away here is the basic information you need to know to care for Sam.

Nutrition Breaks:

If you have never fed Sam before it might be best to start with a sweet item, such as pudding, yogurt or jarred dessert. He requires a bib as he will drool when he is done, and make sure you keep the wipes handy! If he refuses this snack you can try some sensory input, such as steadying his head with your hand or holding his left hand in yours when offering the spoon. If he still refuses don't push it, just put it back in the lunch bag. If it's an item like pudding or yogurt just throw it away.

Sam will have approx. 7 items packed in his bag. It is typical that he eats 3 or 4 at morning nutrition break, and the rest at lunchtime. It's best to start with something he really likes, such as a jar of strained beef. Leave pudding until the end. If he pushes your hands away at any time try again with the same item a couple of times and then move on to something else. Do not take him pushing your hand away as a sign he is not hungry! Like the rest of us he has preferences and moods, but he can't tell us what he feels like eating. Please open each item and try them all. You can use the tricks mentioned previously. There is an ice pack at the bottom of his lunch sack; you can send any leftovers home.

Diapering:

Sam has a supply of diapers at school. They are Huggies Overnights size 5. Please don't use pull-ups or another child's diapers, we have experimented with several types of diapers and these seem to be the only ones that prevent leaks. Sam does have a change of clothes at school in case of an accident. There is also a supply of wipes, they are in a blue soft plastic package and are Kirkland brand.

Communication Book:

Sam has a blue communication book that goes in his mail bag each night. If you could write a line or 2 about his day we love to read it! We also like to be able to send communication back the next day.

Seizures:

Sam has seizures and is on medication. It is unusual for him to have a seizure at school (they are usually when he wakes up in the morning and before bed in the evening). You may notice very quick (2-3 second) seizures, especially when he is tired. They tend to happen when he is eating; his head will suddenly flop to one side and if he has food in his mouth it may drool out. You don't need to do anything but please make note of any seizures in his communication book.

Misc:

Sam can safely scoot around the classroom. You do not need to worry that he will put small items on his mouth and choke, he doesn't do that. He is also pretty steady and doesn't bang into things any more than the rest of us do! He just needs to be monitored so that he doesn't get stepped on, he doesn't escape unnoticed and should be encouraged to interact with his peers.

Have a great day! You will certainly be rewarded with lots of Sam hugs.