



MY VOICE MATTERS





This book belongs
to:

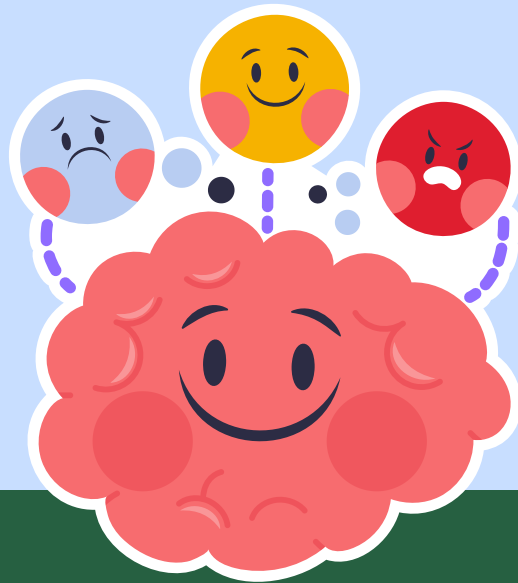
Sometimes people come to my home or school to help me. Sometimes I go places to see them.

They might be a speech pathologist, occupational therapist, physiotherapist, psychologist or a support worker. They are there to help me.



When this happens I might feel happy or excited. Sometimes I might feel a bit shy or quiet.

That's okay. All my feelings are okay.



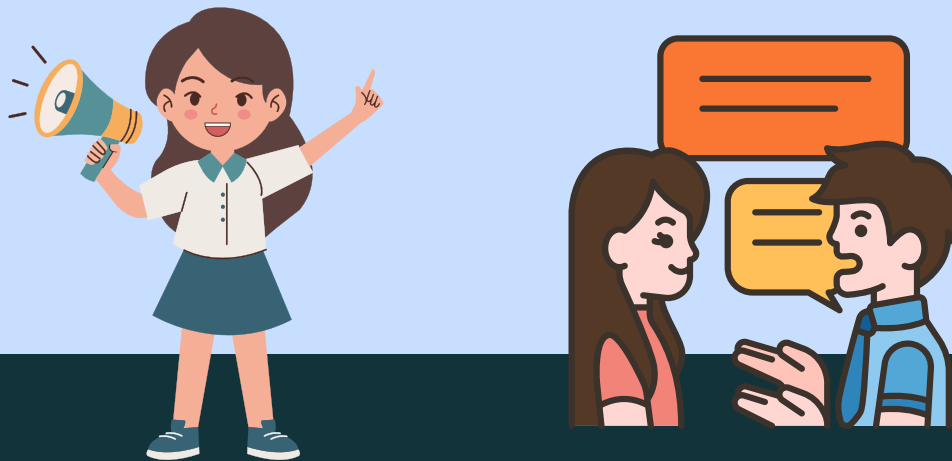
When we're together we play
and do things.

This is so I can learn and get
confident with things that are
important for me.



When we are together, my thoughts and feelings are very important. I can tell people my thoughts and feelings.

This is called using my 'voice'.



My voice can be words.

I can say “I like that” or “Can we do something else?”



My voice can be my body.

I can nod my head “yes” or shake my head “no”.



My voice can be my
hands.

I can point to a picture
or the things I want.



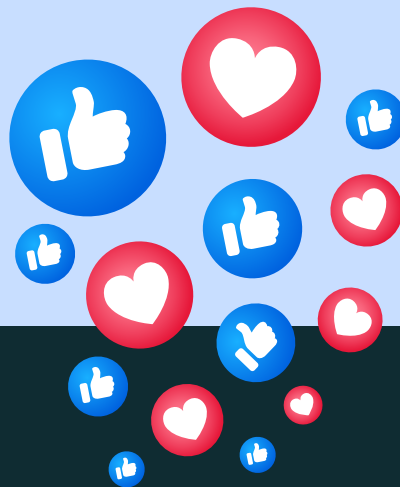
My voice can be an adult helping me.

They might help me use my words
or try and share the things they
know I'm thinking.



When I use my voice I am telling people what I like and what I don't like.

This helps my therapist or support worker know how best to help me.



Using my voice is important
because

I know myself the BEST!



My voice matters.

When I use my voice I am brave.

I will remember to try and use my voice so we can work as a team and get the best results.

you can
DO IT ✨ ✨