Read Me First

My one-page communication guide

BY MATCHA & ROSE

Please read this. It helps us understand each other.

Name I like to be called

Pronouns

Date updated

Three things to know about me

1

2

3

The best way to communicate with me

e.g. in writing, one question at a time, give me time to answer

Please do

Please don't

If I'm struggling, you might notice...

What helps is...

In an emergency, please contact

Name

Relationship

Phone

How to use it

Click a box and type, then save your copy. Or print it and write by hand.
Fill in only what you want to share. Update it whenever things change.