



Isabelle 9 years old

My Favorite Things:

I like doing arts and crafts, especially when I get to do them with other people. I have started learning how to crochet, and I enjoy trying new creative things. I love music and like to sing and dance. I also enjoy playing with singing bird toys. I like playing board games with people and spending time together. I enjoy electronic toys too, but sometimes I can get really focused on them, so I need help with limits.

I really like being outside and exploring nature. My favorite seasons are spring and summer. I enjoy collecting flowers and sometimes looking at bugs—they are interesting to me. I also like riding my bike and going swimming when it's hot outside.

Things I Do Not Like:

I do not like being around yelling or screaming—it makes me feel upset and uncomfortable. Watching adults fight in front of me can be very triggering and makes me feel unsafe.

I can have a hard time when I am bored and need help finding things to do. I don't like being told "no," and it can be difficult when I am not allowed to do something I want or when I can't have certain things.

Trying new things isn't always easy for me. I also take things very literally, which can sometimes make situations harder to understand. I do not like the taste of grape and need to avoid grape-flavored medicine.

My Favorite Foods:

I really like candy and chocolate, and lollipops are my favorite! I also enjoy foods like pizza, hotdogs, and hamburgers. Sometimes I can be a picky eater, but I just need a little help and encouragement to try new foods.

What I Want in a Family:

I want parents who will play with me, be active, and have fun together. I would really like to have my own bedroom, especially if it can be filled with toys and games. I want a family that likes being outdoors and doing activities we can all enjoy together.

What I Want Families to Know About Me:

I love being outside as much as possible. I like to be entertained, but I can also do things on my own. Sometimes I may struggle with my behavior, but I am working hard on learning coping skills. I might not always be super affectionate, but I will show that I love you in my own way.

That we want families to know about the youth:

Isabelle is diagnosed with Autism Spectrum Disorder (Level I). She benefits from a structured, patient, and understanding environment. Caregivers should be aware that small triggers can sometimes lead to bigger emotional responses. It is important to remain calm, consistent, and supportive during these moments. A “low and slow” approach works best with Isabelle, along with clear expectations, consistent routines, and firm but supportive limits. Positive reinforcement, praise, and active engagement are highly effective in building connection and encouraging success.

Isabelle is very intelligent but tends to interpret information literally. She thrives with caregivers who understand trauma-informed care and can provide reassurance and stability. Isabelle would do best in a home where she is either an only child or has older siblings who require less direct attention. She should have her own bedroom and a predictable daily routine, as structure is very important for her success. She enjoys animals; however, any interaction should be closely supervised to ensure safety.

Isabelle seeks connection and attention from adults and benefits greatly from caregivers who are willing to engage, play, and spend quality time with her. She has a strong passion for nature, creativity, and reading, and she actively uses coping strategies to support her emotional well-being. Isabelle actively employs a range of coping strategies to support her well-being. She engages in arts and crafts, picks flowers and living creatures to connect with nature, immerses herself in reading, takes baths for relaxation, and listens to music to elevate her mood.

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