Everyday observation notes.

Choose one ordinary moment you would like to understand better. Write what you noticed. Leave room for questions.

Date _____ **The moment I chose** _____

01 What was happening?

Where were we? Who was there? What was about to happen?

02 What did I notice?

What did my child say or do? Keep the description specific.

03 What happened next?

What did I try? What changed, or stayed the same?

One question to carry forward

What would I like to notice or ask about next time?

Keep this note for yourself or bring it to a conversation with someone who supports your family. You do not need to include your child's name.

A reflection sheet, not an assessment or diagnosis.