

Notes, Checklists *and Logs to Copy*

Photocopy these pages, photograph them, stick them on the fridge. They're meant to be used.

A Note for Grandparents and Caregivers

To share with anyone who looks after your child. It explains a few habits without lecturing anyone.

Thank you so much for spending time with our child. Here are a few things we do at home. You don't have to do all of them, but they help our child feel at home with you too.

We let them do real jobs. Pouring their drink, setting the table, putting on their coat. If you have a few extra minutes, let them try before helping.

We answer questions simply. A short, true answer is plenty. "I don't know, let's find out" is a great answer too.

When we say no, we keep it. Calmly and kindly. Big feelings about it are allowed, and the answer stays the same.

We don't use treats or toys as rewards. A hug and "You did it yourself!" work just as well.

After school, they're tired. A snack and some quiet time first, questions later.

For safety. Medicines and cleaning products out of reach, never alone near water, the right car seat for their size on every ride.

Most of all, enjoy them. Your love and attention matter more than anything on this list.

With love and thanks,

A Note for the Teacher

Dear _____,

A few things that may help you get to know _____ more quickly.

What helps when they're upset. _____

What they can do alone, and what they still need help with. _____

What they love right now. _____

What's new or changing at home. _____

We'd love to hear what you notice, especially in the first weeks. Thank you for caring for our child.

With thanks,

Checklists

READY FOR SCHOOL · PRACTICE AT HOME

☐ Uses the toilet, wipes, flushes and washes hands, asks for help when needed

☐ Puts on coat and shoes, opens and closes their bag

☐ Opens the real lunchbox, containers and water bottle

☐ Follows a short two-step direction

☐ Says what they need, and tells an adult about a problem

☐ Takes turns and waits a short time

☐ Cuts with child scissors and holds a crayon between fingers and thumb

☐ Says goodbye with a short ritual and copes with a few hours apart

HOME SAFETY AT 3 TO 6 · WALK THROUGH EACH ROOM

☐ Dressers, shelves and TVs anchored to the wall

☐ Window guards or stops, furniture moved away from windows

☐ Medicines, vitamins, button batteries and cleaning products locked up

☐ Knives and scissors for adults stored out of reach

☐ Step stools kept away from the stove and oven

☐ Water heater set to 120°F (49°C) or lower

☐ Poison Help number saved in your phone, 1-800-222-1222 (US)

☐ Car seat or booster seat right for your child's height and weight

☐ Never alone near water, including baths and wading pools

Preparing for an Appointment

When you're worried about your child's development, behavior, sleep or health, bring notes. Doctors and teachers can help far more with specific examples than with "always" and "never."

BRING THESE TO THE APPOINTMENT

- ☐ What worries you, in one or two sentences

- ☐ When it started, and whether anything changed around then

- ☐ Three recent examples, with what happened just before and after

- ☐ Where it happens, at home, at school, everywhere

- ☐ What you've already tried, and what happened

- ☐ What the teacher or caregivers have noticed

- ☐ Your questions, written down so you don't forget them

Our Family's Big Rules

Fill this in together with your child. Keep it short, positive and about what to do. Four or five rules is plenty.

IN OUR FAMILY, WE...

Examples. We keep our hands gentle. We use kind words. We help each other. We put things back where they live. We say sorry and make it right.

Two-Week Log

For meltdowns, after-school crashes, night wakings or anything you want to understand better. Two weeks of notes show patterns a memory can't.

DATE	WHAT HAPPENED	JUST BEFORE	HOW LONG	WHAT HELPED

Observation Journal

Once a week, five minutes. What did your child choose to do? What held their attention? What was hard? What's new? Over a year, these pages become a portrait of a child building themselves.

DATE	THEY CHOSE...	THEY WORKED HARD AT...	NEW THIS WEEK