When things get hard, start here.

Write by hand or type into the boxes. Keep notes brief. Use this when it is safe to pause; you do not need to answer every question.

01 / Is anyone unsafe?

What needs attention now? Address urgent danger or health concerns first.

02 / What has changed?

Consider the setting, routine, sleep, health, instructions, or recent demands.

03 / What might the body need?

Consider comfort, pain, food, water, rest, bathroom needs, sensory needs, or space.

04 / What support does the task need?

Would a clearer step, visual, model, more time, help, or a changed expectation help?

05 / How is your child communicating?

Notice words, gestures, devices, requests for help, and refusals.

06 / What is one manageable next step?

Choose one adjustment. What will you try, and what will you look for afterward?