

Warrior Mom,

I hope my comprehensive medical record book is helpful to you. My goal in creating it is to ease your burden just a little bit. I know, as a mother to five children, that *they* aren't the burden, but the five million small things that are somehow the "mom's job" to remember can *become* a burden. Check out the contents and see if it will be helpful to you. Free up some mental space by taking better notes in a single place. You can do hard things, but you don't have to do *all* the things.

with affection,

Jane Sharp





The 2-page daily sheets are the core of this book, and there are enough for five weeks, in either size journal (8.5x11 or 6x9)

KEEP TRACK OF MEDS AND TREATMENTS. MAKES IT EASY TO KEEP BOTH PARENTS AND OTHER CAREGIVERS INFORMED. (SEE NEXT PAGE ON HOW TO FILL THIS SECTION OUT!)

The form includes a date field (Day, Date, Month, Year) with '20' in the year field. It has a 'MEDICATIONS/ SUPPLEMENTS' section with a grid for AM, NOON, PM, and NIGHT. A 'THERAPIST SELF-CARE CHECKLIST' on the right includes items like 'DRINK WATER', 'EXERCISE/STRETCH', 'WALK/TAKE STAIRS', 'TAKE BATH', 'READ/TV', 'CONVERSATION', and 'MUSIC OR SILENCE'. Below this are sections for 'WEIGHT', 'B/P', 'PULSE', and 'TEMPERATURE', each with a grid for 'WORSE', 'LOW', 'GOOD', 'EXCELLENT', and 'BEST'. A 'THINGS TO BRING UP FOR THERAPIST/ DOCTOR...' section is at the bottom. At the very bottom, there are two 'DISCOMFORT LEVEL' sections, each with a 'TIME:' and 'WHERE?' field and a row of six smiley face icons.

REMEMBER TO TAKE CARE OF YOURSELF!

KEEP TRACK OF SYMPTOMS

NOW, YOU WON'T FORGET WHAT YOU WANTED TO BRING UP AT THE NEXT APPOINTMENT WITH YOUR CHILD'S PROVIDER!

TAKE NOTE OF YOUR CHILD'S DISCOMFORT RIGHT AWAY & REFER BACK TO, IF NEEDED

YOU DON'T HAVE TO KEEP TRACK OF CHEAT MEALS AND ACCIDENTAL INGESTIONS WHEN IT'S WRITTEN DOWN ALREADY!

The form is divided into several sections: 'NUTRITION! CALORIE INTAKE' with a grid; 'IN THE BATHROOM...' with a grid of circles; 'FLUIDS!' with a grid of circles and a note 'LABEL EACH CIRCLE WITH HOW MANY OZ WERE CONSUMED'; 'BEHAVIORS/ PRECEDING EVENTS' with a grid; 'THERAPIST/ DOCTOR SAID...'; 'THIS WAS NOT MENTIONED...'; and 'ACHIEVEMENTS...'. At the bottom right, there are five stars and the text 'OVERALL, TODAY WAS...'. A large arrow points from the 'BEHAVIORS/ PRECEDING EVENTS' section to the explanatory text below.

WHETHER IT'S IN THE TOILET, IN A BRIEF, WITH A CATHETER, OR AN ACCIDENT, KEEP TRACK! LOTS OF FIELDS SO YOU CAN PERSONALIZE THE CHART TO YOUR CHILD'S SPECIFIC TOILETING HABITS- AND THE FORM CHANGES WITH YOU AS LIFE CHANGES.

The handwritten example shows a grid with 'laxative' written across the top. Circles are marked with 'X' and labeled with times: '9:30 poop', '9:30 pee', '1:30', '2:15 pull up', and '4:00'.

The handwritten example shows a grid with 'pee', 'poop', and 'accident' written across the top. Circles are marked with 'X' and labeled with times: '6am', '10am', and '2:30 pm'.

The handwritten example shows a grid with 'poop' and 'cath.' written across the top. Circles are marked with 'X' and labeled with times: '10:00', 'lax @ 4', and '10:00'.

WHETHER IT'S IN A CUP, FROM A TUBE, PART OF A FLUSH OR JUST A FEW SIPS, ADD UP THOSE OUNCES AND FIND A DAILY TOTAL IN ONE PLACE.

DON'T FORGET TO KEEP TABS ON EXCITING AND LONG-SOUGHT-FOR MILESTONES, AND CELEBRATE THEM!

WHEN YOU WRITE DOWN PRECEDING EVENTS WHEN THEY'RE FRESH IN YOUR MIND, SOME OF YOUR DETECTIVE WORK IS DONE FOR YOU WHEN YOU ARE LOOKING FOR THE "WHY?"



**ILLNESS OR FLARE-UP** SYMPTOM TRACKER FOR \_\_\_\_\_, 20\_\_

DATE MONTH YEAR

WHAT HAPPENED BEFORE SYMPTOMS APPEARED:

INITIAL SYMPTOMS THAT GAVE CONCERN:

PROFESSIONAL CALLED: \_\_\_\_\_ TIME: \_\_\_\_\_

WHAT THEY ADVISED: \_\_\_\_\_

PROFESSIONAL CALLED: \_\_\_\_\_

WHAT THEY ADVISED: \_\_\_\_\_

TIME CHECKED: \_\_\_\_\_

TEMPERATURE							
BLOOD PRESSURE						TIME:	
PAIN LEVEL(S)							
PULSE							
FLUIDS							

TREATMENTS AND SYMPTOM SUPPORT:

WHEN SOMETHING FLARES UP, YOU KNOW BEFORE ANYONE ELSE. AND YOU KNOW WHAT HAPPENED BEFOREHAND- BUT YOU'LL FORGET. WRITE IT DOWN NOW. FUTURE YOU WILL BE GLAD YOU DID.



WHO? SAID WHAT? NOW YOU CAN REFER BACK TO IT.



YOUR KID HAS HIS OWN SYMPTOMS THAT TELL YOU SOMETHING'S NOT RIGHT, BEYOND SIMPLE VITALS. FILL THEM IN HERE.



PUT IN YOUR OWN TIMES TO CHECK VITALS, SICKNESS DOESN'T COME ON SOMEONE ELSE'S SCHEDULE!

**ER / UNEXPECTED PROVIDER VISIT** DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

WHAT LEAD TO OUR VISIT TODAY

OUR CARE AT THIS VISIT

WHAT WE'RE DOING NEXT

NAMES TO REMEMBER

THINGS TO RESEARCH/ ORDER

ALL THE VISITS RUN TOGETHER IN YOUR MIND. WRITE DOWN THE "WHY" NOW.



WHAT'S CHANGING WHEN YOU GET HOME AGAIN?



*Jane Sharpe*

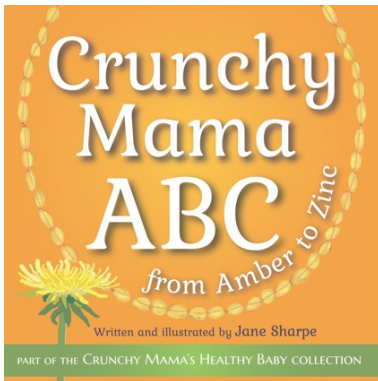
# Comparing Jane's Journals



Title	size	pages	time covered	appendix forms?
Record Book for Children with Complex Medical Care: manage the data associated with chronic conditions and congenital disorders	8.5 x 11 (inches)	114	5 weeks	yes
Record Book for Children with Complex Medical Care: manage the data associated with chronic conditions and congenital disorders	6 x 9 (inches)	93	5 weeks	no
Record Book for Children with Complex Behavioral Needs: manage the data associated with neurodevelopmental and developmental disabilities, including Autism	8.5 x 11 (inches)	101	3 months	yes
Record Book for Children with Complex Behavioral Needs: manage the data associated with neurodevelopmental and developmental disabilities, including Autism	6 x 9 (inches)	133	3 months	no
Investigating the Cause: Recording Your Child's Flare-Ups, Reactions, Symptoms, and Care	8.5 x 11 (inches)	128	5 weeks	yes
Investigating the Cause: Recording Your Child's Flare-Ups, Reactions, Symptoms, and Care	6 x 9 (inches)	128	5 weeks	yes
Planning and Tracking Your Detox; Cleanse Journal for Symptoms and Healing	8.5 x 11 (inches)	71	5 weeks	--
Planning and Tracking Your Detox; Cleanse Journal for Symptoms and Healing	6 x 9 (inches)	71	5 weeks	--

Email me at [JaneSharpe@gmail.com](mailto:JaneSharpe@gmail.com) to suggest improvements or request Amazon's "Subscribe & Save"

# Other Books by Jane Sharpe



*"Finally, an ABC book for the health conscious family"*

Joshua Coleman, co-founder, V is for Vaccine

A colorful ABC book for babies being raised by crunchy mamas in natural lifestyles, this book will leave you feeling included and represented! It covers simple things, like rest and hydration, but also more complex decisions, like immune systems and mandates. Teaching the ABCs will be easy, from amber necklaces to foods rich in zinc.

*"Every home that has a firearm needs to make sure that every family member knows when and how to handle a gun safely, and this little ABC book reinforces commonsense safety rules starting with the youngest child."*

Lisa Bedford, author of "Survival Mom: How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios"

A cheerful safety book with six safety principles for families who practice at the local shooting range and value the Bill of Rights. Appealing images familiar to any second amendment-loving home leap from the brightly colored pages.



## Coming Soon!



A sleepy kitty.

A house full of chores.

With a family's frustrating feline getting in the way, how will tasks get done?

Winston keeps his own schedule, and no matter what, the sluggish ginger cat is definitely not moving. And it looks like nothing will get accomplished... until he steps into his mech suit.

upcoming books in the

### **Crunchy Mama's Healthy Baby Collection**

- The ABCs of a Whole Food Baby
- Kitchen Helper ABC
- More! Crunchy Mama ABC



[www.JaneSharpe.com](http://www.JaneSharpe.com)

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