

Record Book for Children with Complex Behavioral Needs:

manage the data associated with neurodevelopmental and developmental disabilities, including Autism

Warrior Mom,

I hope my comprehensive behavioral 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 content and see if it will be helpful to you. Free up some mental space. You can do hard things, but you don't have to do *all* the things.

with affection,



Jane Sharpe

EACH WEEK STARTS WITH A WEEKLY OVERVIEW



YOUR UPCOMING WEEK - KEEP GOING!

| | | | |
|----------|--------|----------|---------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
| THURSDAY | FRIDAY | SATURDAY | TO CALL/ ORDER/ DO: |

○ _____
○ _____
○ _____
○ _____
○ _____

START THE MONTH WITH SETTING WEEKLY GOALS



MEASURABLE GOALS

IS THIS A GOOD GOAL FOR THIS SEASON? ASSESS.

SPECIFIC — WHAT, EXACTLY, DO I WANT TO ACCOMPLISH?
 MEASURABLE — HOW WILL I KNOW WHEN I HAVE ACCOMPLISHED IT?
 ACHIEVABLE — WHAT STEP HELPS ACCOMPLISH THIS GOAL?
 RELEVANT — IS THIS THE RIGHT TIME FOR ME TO BE WORKING TOWARDS THIS GOAL?
 TIMEBOUND — BY WHEN DO I WANT TO ACCOMPLISH THIS GOAL?

MONTH ONE:

SPECIFIC —
 MEASURABLE —
 ACHIEVABLE —
 RELEVANT —
 TIMEBOUND —

MONTH TWO:

SPECIFIC —
 MEASURABLE —
 ACHIEVABLE —
 RELEVANT —
 TIMEBOUND —

MONTH THREE:

SPECIFIC —
 MEASURABLE —
 ACHIEVABLE —
 RELEVANT —
 TIMEBOUND —

WEEKLY SPACE FOR NOTES AND SKETCHES



things I want to remember

The daily sheet is the core of the behavioral journal, and each journal covers five weeks!

SO MUCH OF YOUR DAY SEEMS TO BE SITUATIONAL STORIES- I'VE LEFT YOU SPACE EACH DAY FOR YOUR OWN NOTES

YOU CAN KEEP TRACK OF HOW THE DAY WENT AS A WHOLE

ARE YOU TAKING CARE OF YOU?

TODAY'S NOTES _____, _____, 20____

DAY DATE MONTH YEAR

😊 😊 😐 😞 😡 😱

TODAY WAS, OVERALL...

PARENT'S SELF CARE CHECKLIST

- DRINK WATER, MAMA
- EXERCISE/ STRETCH
- PRAY / MEDITATE
- GO OUTSIDE
- READ/ WATCH TV
- CONVERSATION
- MUSIC OR SILENCE

ALLERGEN EXPOSURE _____

WEATHER/ MOON _____

SLEEP: LAST NIGHT _____

B/M? LAXATIVE? _____

ENERGY LEVEL: UNWELL LOW GOOD EXCELLENT FRENETIC

APPETITE: NONE POOR NORMAL GOOD INCREASED

AGGRESSION: CALM NORMAL MILD MODERATE SEVERE

DISRUPTED ACTIVITIES: _____

NOISE LIGHT PEOPLE CLOTHES SCHEDULE FEAR TIRED

SCRIPTING VOMITED SPITTING CONSTIPATED DIARRHEA EAR FEVER

YOU MIGHT NOT REMEMBER LATER, SO FILL IN THESE IMPORTANT PIECES OF YOUR CHILD'S EXPERIENCE WHEN IT'S FRESH IN YOUR MIND

A LOT OF ASPECTS OF YOUR CHILD'S DAY NEED JUST A QUICK CIRCLE, SO YOU CAN KEEP TRACK OF TRENDS AND LOOK BACK LATER FOR PATTERNS

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:

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



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.



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



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



WHAT'S CHANGING WHEN YOU GET HOME AGAIN?



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

Jane Sharpe

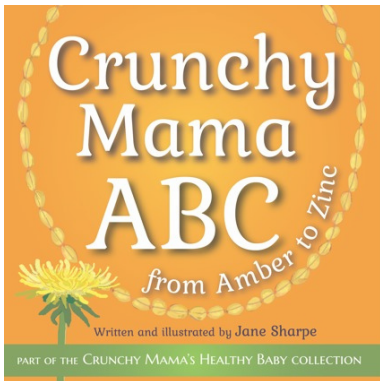
Comparing Jane's Journals



| 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 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**



Kitchen Helper ABC



More!
Crunchy Mama ABC



www.JaneSharpe.com

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