

Warrior Mom,

Is your family in a season of investigation? Do you find yourself searching for patterns in the symptoms and behaviors that your child displays? Do you find yourself researching and networking in groups... for hours? You've become a detective of your child's symptoms and the record keeper of their growing medical history, and it's just. too. much. for one person to keep track of!

I hope my comprehensive investigative 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 daily sheet is the core of this book, and there are enough sheets for five weeks, in either size journal (8.5x11 or 6x9)

NOTES ABOUT THE DAY

DATE _____

FOOD AND DRINK TODAY

KEEP TRACK OF EVERYTHING YOUR CHILD INGESTS SO THERE IS NO QUESTION LATER.

WHAT WAS THE VIBE OF THE DAY, OVERALL?

TODAY WAS:

IS THIS BEHAVIORAL? CIRCLE:

ALLERGEN EXPOSURE _____

WEATHER/MOON _____

SLEEP: LAST NIGHT _____

B/M? LAXATIVE? _____

ENERGY LEVEL: UNWELL LOW GOOD EXCELLENT FRENETIC

BITING CHEWING SPITTING FINGERNAILS HITTING KICKING

AGGRESSION: CALM NORMAL MILD MODERATE SEVERE

DISRUPTED ACTIVITIES: _____

NOISE LIGHT PEOPLE CLOTHES SCHEDULE FEAR TIRED

EYE CONTACT/LACK DISASSOCIATION STARING HYPERFOCUS

ANGER CRYING RUNNING AWAY SHRIEKING _____ SLAPPING

IS THIS PHYSICAL? CIRCLE:

WEIGHT _____

B/P _____

PULSE _____

TEMPERATURE _____

APPETITE: NONE POOR NORMAL GOOD INCREASED

TOOTH PAIN SORES ACNE ITCHY BUG BITES HAIR LOSS JOINTS

ABDOMEN DISTENSION: NONE NORMAL MILD MODERATE SEVERE

CONSTIPATED SMUDGE DIARRHEA VOMITED EAR/HEARING EYE

TEXTURES: _____ MUSCLES: STIFF SORE CRAMPS PINCHED

DIZZY NAUSEA SYNCOPE FLUSHED SWEATY HEADACHE ANXIETY

RASH-WHERE? _____ BRUISES SORE THROAT HEART RACING BLURRY VISION BREATHING ISSUES

IS THIS PHYSICAL OR BEHAVIORAL??

CIRCLE WHAT APPLIES AND KEEP TRACK OF WHAT'S GOING ON, SO YOU CAN FIND PATTERNS LATER!

TRACK THINGS THAT AFFECT YOUR CHILD'S BEHAVIORS

TRACK BASIC VITALS

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	PAIN LEVEL(S)	PULSE	FLUIDS	TIME:

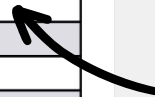
TREATMENTS AND SYMPTOM SUPPORT:

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.

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

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



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

ER / UNEXPECTED PROVIDER VISIT

DATE:/...../.....

WHAT LEAD TO OUR VISIT TODAY

OUR CALL AT THIS VISIT

WHAT WE'RE DOING NEXT

NAMES TO REMEMBER

THINGS TO RESEARCH/ ORDER

AFTER THE VISIT

GETTING ADMITTED?

UPCOMING APPOINTMENTS

WHAT WE'RE DOING NEXT

PRESCRIPTION(S)

STORIES/ BLESSINGS

WAS YOUR RN AMAZING? DID A FRIEND HELP IN SOME WAY? YOU'LL WANT TO REMEMBER.



Jane Sharpe

Jane Sharpe

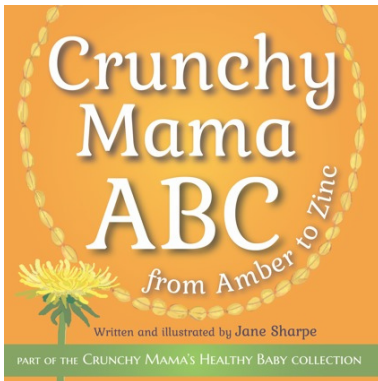
Comparing Jane's Journals



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

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



www.JaneSharpe.com

leave your email to get updates!