

I designed this document as a resource to support homeschooling families, particularly those navigating the unique challenges of homeschooling a neurodivergent child. Speaking from personal experience: while difficult days can be really disheartening, they also offer valuable opportunities to learn and grow. This record, intended for use after particularly challenging days, helps you identify your child's most productive times, potential triggers, and behavioural patterns, providing insights to create a more engaging and tailored homeschooling approach.

Take a moment to breathe and show yourself kindness—every tough day offers lessons that bring you closer to understanding your child's needs. You may also find it helpful to share this record with therapists or allied health professionals for additional insights and guidance.

Child's name

Weather (if applicable)

Date

Day of the week (circle)

SAT SUN MON TUE WED THU FRI

MORNING

General mood:



Sleep quality previous night:



Health:



MORNING NOTES ☀

Time	Activity (Homeschool or other ie: Conversations, observations, challenges, food/drink snacks)	Outcome

GENERAL NOTES: (Thoughts, ideas, impressions etc)

General mood:



Health:



AFTERNOON NOTES

Time	Activity (Homeschool or other ie: conversations, observations, routines, challenges, food or drink)	Outcome

GENERAL NOTES: (Thoughts, ideas, impressions etc)

EVENING

General mood:



Health:



EVENING NOTES

[illegible]

GENERAL NOTES: (Thoughts, ideas, impressions)

REVIEW

Take a moment to reflect on today's events and respond to these questions with thoughtfulness and honesty. These prompts are intended to foster objective thinking and help you begin to recognise patterns, while also offering a space to express your thoughts and emotions. This reflective process aims to support your mental well-being as a homeschooling parent and deepen your understanding of your child.

What do you feel didn't go as planned today, and why do you think that might be?

What do you feel went well today, and what do you think contributed to its success?

Did you notice any potential triggers for your child's challenging behaviour today?

Did you introduce any new behavioural strategies, resources, ideas, or homeschooling programs today? If so, which ones were successful, which were not, and what do you think contributed to these outcomes?

Taking a broader view of the day, have there been any notable changes to your environment or routine that might be influencing your child's behaviour or engagement? For example, recent illness, stressful events, rescheduled or cancelled appointments, a busier or quieter period, changes in friendships, new therapists, moving house, adjustments to medication or diet or other life stressors?

What were your main insights or key takeaways from today, if any?