📊 Tracking System Overview Guide

Tracking your child's **progress** helps **identify patterns, reinforce positive behaviors, and make data-driven adjustments** to strategies. Below are different methods you can use to **track progress effectively**.

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1 Rating Scales

✔️ A quick and simple way to measure **behavior, emotional regulation, or skill development** over time.

✔️ Use a **1-5 scale** to rate progress (*e.g., 1 = Struggled, 5 = Excellent*).

Example:
 "How well did my child complete homework today?" (Rate from 1-5).

📌 **Best for:** Tracking behaviors that happen **frequently**, such as **focus, cooperation, or emotional regulation**.

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2 Frequency Charts

✔ Used to **count how often** a specific behavior occurs.

✔️ Create a simple **tally chart** to record behaviors **daily or weekly**.

Example:
 "How many times did my child follow directions without reminders today?"

📌 **Best for:** Measuring **changes in habits, routines, and specific skill development** over time.

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3 Anecdotal Notes

✔️ A more detailed, **qualitative** way to track progress.

✔️ Write **brief observations** about behaviors, triggers, and successes.

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Example:

"Child became frustrated with homework but used a calm-down strategy instead of yelling."

📌 **Best for:** Understanding **emotional responses**, identifying **patterns**, and reflecting on progress **beyond numbers**.

📌 **How to Choose the Right Tracking Method**

✔️ **For daily behaviors:** Use **rating scales** for a quick overview.
✔️ **For frequency-based behaviors:** Use **charts** to track patterns over time.
✔️ **For deeper insights:** Use **anecdotal notes** to provide context and details.

💡 **Need Help Creating a Tracking System?**

Book a **free 30-minute consultation** to develop a **personalized progress-tracking plan** for your child.

📅 Schedule Here

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Tracking progress isn't about **perfection**—it's about **recognizing growth** and making **informed adjustments**.

💙 **Which tracking method will you try first?**

Warmly,

Tom