What I'm Noticing Diary

Two weeks of real examples to take to your GP

Why keep a diary?

In a ten or fifteen minute appointment it is hard to remember the details that matter. Notes written on the day give your GP real examples instead of a general worry, and they help you see whether something happens often or only now and then.

How to use it

Write a line or two when something stands out, good or hard. Note the time, where she was, what happened just before, and what helped. You don't need to fill every row. Two weeks is usually enough to show a pattern.

What to keep an eye on

Getting started and switching between activities. Daydreaming or drifting off. Big feelings and how long she takes to settle. Sleep and bedtime. Body and sensory needs, such as seeking tight hugs, chewing, clenching or pulling hair. How she is at home compared with kinder or care.

An example entry

Tuesday, 5.15 pm, kitchen. Melted down when I asked her to put shoes away. Before: long day at kinder, no afternoon snack. Lasted about 20 minutes. What helped: sitting with her on the floor, a firm hug, a drink of water. Afterwards she said "my brain was too full".

Thursday, 8.10 am, getting ready. Took 25 minutes to put on one sock. Kept wandering to the window to watch the birds. What helped: doing the first sock together, then a race with the second.

A note of care

This diary is for noticing, not for diagnosing. Many of these things happen in children without ADHD. What matters is how often, how strongly and how much it gets in her way.

What I'm Noticing Diary

Week 1

Week starting _____ **Child** _____

Day and time	What happened	Where, who with	What came before / what helped

This week, the thing I noticed most was

_____

What I'm Noticing Diary

Week 2

Week starting _____ **Child** _____

Day and time	What happened	Where, who with	What came before / what helped

This week, the thing I noticed most was

_____