

Meltdown notes

Fill this in after a meltdown, once everyone is calm. Over time, your notes can show patterns: what tends to come first, what helps, and what makes things harder.

In the moment, focus on safety. These notes can wait until your child has calmed down.

Date and time	
What was happening before?Where you were, the activity, who was there	
What might have triggered it?Noise, lights, a change in plans, being tired or hungry	
Early signs you noticedChanges in behaviour before the meltdown	
What the meltdown looked like	
How long it lasted	
What helped	
What made it harder	
How your child was afterwards	
How you felt, during and after	
Something to try next time	

Share your notes with your child's Clinical Supervisor or any clinician you are working with. They can help you look for patterns and plan what to try next.

Meltdown notes · quick log

A shorter version for busy weeks. One row per meltdown. Print as many as you need.

DATE AND TIME	BEFORE What was happening	EARLY SIGNS What you noticed first	HOW LONG	WHAT HELPED	WHAT MADE IT HARDER