

Celebrate
Every **Mind**



My Child's Support Companion

*A journal for understanding, celebrating, and supporting
your child's unique journey.*

Every little step matters.

Getting Started

Everything begins with understanding your child's unique story.



"Every journey starts with one small step."

Take your time. This book is here whenever you need it.

Welcome

Dear Parent,

If you're holding this book, chances are you've been carrying a lot in your heart.

Appointments to remember.

Questions to ask.

Strategies that worked.

Moments that didn't.

Little victories.

Big emotions.

This journal isn't here to judge your parenting or measure your child's progress against anyone else's.

It's simply a place to notice.

To learn.

To celebrate.

To remember that every small step matters.

Use the pages in whatever way serves your family.

Skip what you don't need.

Return whenever life gets busy.

Most importantly...

Remember that your child is wonderfully unique, and so is your journey together.

With love,

Celebrate Every Mind

How to Use This Companion

This companion is designed to work around your family—not the other way around.

You don't need to use every page. Print the full companion or simply choose the pages that are helpful for your family.

REFERENCE

Complete these pages once and update them as your child grows or things change.

RECORD

Print additional copies of tracker pages whenever there's something worth remembering.

REFLECT

Use these pages when you want to notice patterns, see what's working, or celebrate progress.

MAKE IT YOURS

Print the pages you need, or use the PDF digitally with a compatible annotation app.

There's no right way to use this companion.

Every little step matters.

Before You Begin

Print: Print at Actual Size / 100% on A4 paper. Print the full companion or selected pages only.

Digital: Import the PDF into your preferred PDF annotation or note-taking app to write or add notes digitally.

Please note: This is not an interactive or fillable PDF.

Important Dates

Keep the dates that matter all in one place.

DATE	WHAT'S HAPPENING	WHERE/WITH WHOM

Dates I need to schedule:

Upcoming Appointments

One quick look at what's coming up.

DATE & TIME	APPOINTMENT	WITH	☒
			☐
			☐
			☐
			☐
			☐
			☐

Don't forget to bring:

- ☐ This Companion
- ☐ Reports/Results
- ☐ Medication List
- ☐ School Notes
- ☐ Other: _____

Know My Child

The little details that help others understand who your child truly is.



"Every child deserves to be known before they are judged."

My Child at a Glance

Name / nickname

Birthday / age

Diagnosis, if applicable

My Important People

Parents/caregivers

Emergency contacts

School contact

My Support Team

Developmental Pediatrician

Occupational Therapist

Speech Therapist

Psychologist

Teacher

Others

How my child communicates

Words/signs/AAC/
gestures used



How I say YES



How I say NO



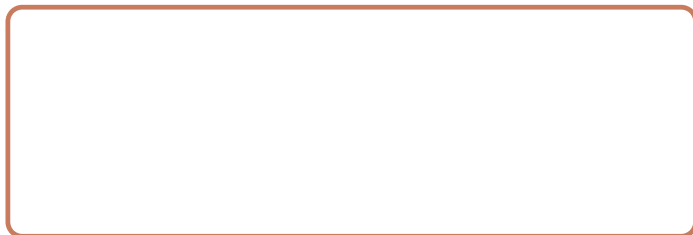
How I ask for help



How you know I'm
overwhelmed



How you know I
need a break



Things I Love & Things That Motivate Me

Favorite foods



Favorite activities



**Favorite
toys/interests**



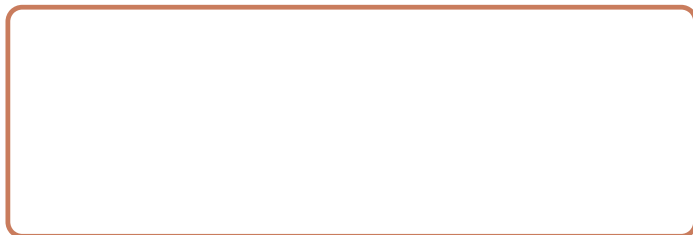
**Favorite
characters/topics**



**Favorite calming
activities**



**Favorite
rewards/motivators**



Routines That Work

The familiar little things that help our days feel easier.

MORNING

What works well



What helps with
transitions



GETTING READY / LEAVING HOME

What works well



What helps



AFTER SCHOOL / AFTERNOON

What works well



What helps



Routines That Work

Because familiar routines can bring comfort and confidence.

MEALTIMES

What works well



Things to
remember



BATH / SELF-CARE

What works well



Things to
remember

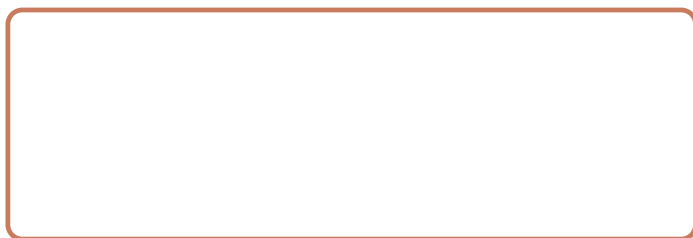


BEDTIME

What works well



Things to
remember

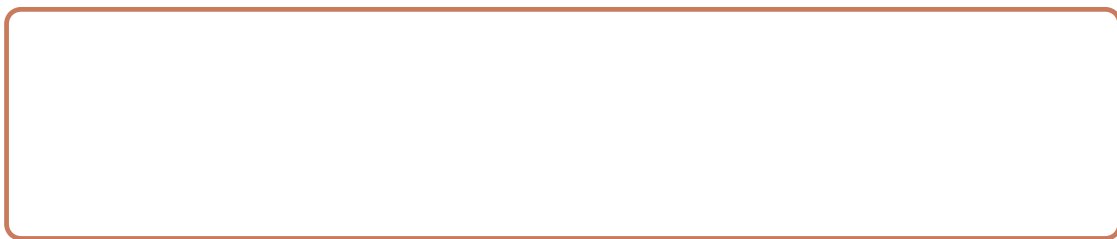


Other Routine That Helps

What works well

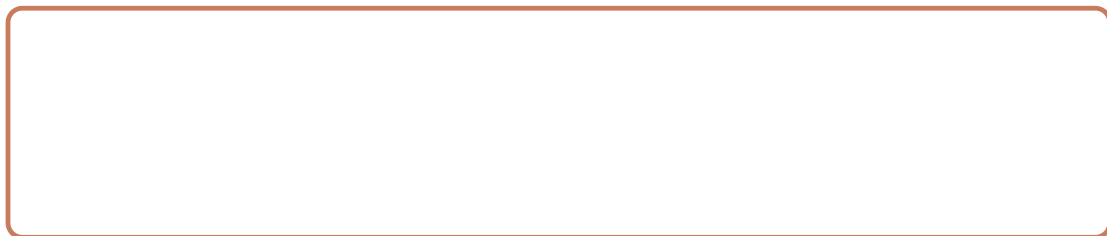
A large, empty rectangular box with a thin brown border, intended for writing notes about what works well.

What Helps Me Feel Safe & Regulated

A large, empty rectangular box with a thin brown border, intended for writing notes about what helps feel safe and regulated.

Current Priorities

Our Top 3 Right Now

A large, empty rectangular box with a thin brown border, intended for writing the first priority.A large, empty rectangular box with a thin brown border, intended for writing the second priority.A large, empty rectangular box with a thin brown border, intended for writing the third priority.

Understanding Behaviors & Sensory Needs

Observe patterns, recognize triggers, and discover what helps your child thrive.



"Behavior is communication."

My Sensory Profile

SOUNDS

I SEEK...	I AVOID...
WHAT USUALLY HELPS...	

My Sensory Profile

LIGHT

I SEEK...	I AVOID...
WHAT USUALLY HELPS...	

My Sensory Profile

MOVEMENT

I SEEK...

I AVOID...

WHAT USUALLY HELPS...

My Sensory Profile

TOUCH

I SEEK...	I AVOID...
WHAT USUALLY HELPS...	

My Sensory Profile

FOOD/TEXTURE

I SEEK...	I AVOID...
WHAT USUALLY HELPS...	

My Sensory Profile

SMELL

I SEEK...	I AVOID...
WHAT USUALLY HELPS...	

My Sensory Profile

CROWDS/ENVIRONMENT

I SEEK...	I AVOID...
WHAT USUALLY HELPS...	

Behavior Tracker

Print additional copies whenever you'd like to record an observation.

[illegible]

Sensory Observation

Reprint this page whenever you'd like to record a sensory experience.

[illegible]

What Helps Me

WHEN I'M ANXIOUS...

WHEN I'M OVERWHELMED...

DURING TRANSITIONS...

What Helps Me

WHEN PLANS CHANGE...

WHEN I'M TIRED...

WHEN I NEED TO REGULATE...

Other Situations I've Learned About

SITUATION
WHAT I NOTICE
WHAT HELPS

Trigger & Support Quick Guide

Print another copy as your child's needs and support strategies grow.

[illegible]

Pause & Reflect

Date/Period

What have I been noticing?	What seems to be getting easier?
What situations are harder?	What support has worked well?
Any new trigger/sensory need?	Something I want to try next.

Notes

For anything worth remembering.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Little details can become helpful clues later.

Therapy & Growth

Celebrate every step, no matter how small.



"Progress isn't always measured by speed."

Current Therapy Plan

Use one copy for each therapist, specialist, or support provider.

Therapy

Therapist

Started on/Frequency

CURRENT GOALS

WHAT WE'RE PRACTICING AT HOME

WHAT SUCCESS CURRENTLY LOOKS LIKE

Current Therapy Plan

Use one copy for each therapist, specialist, or support provider.

Therapy

Therapist

Started on/Frequency

CURRENT GOALS

WHAT WE'RE PRACTICING AT HOME

WHAT SUCCESS CURRENTLY LOOKS LIKE

Therapy Session Notes

Print a fresh copy for each session you'd like to record.

Date

Therapy

Therapist

TODAY'S FOCUS	WHAT WE WORKED ON
WHAT WENT WELL	WHAT WAS CHALLENGING
THERAPIST'S FEEDBACK	TRY THIS AT HOME
QUESTIONS / FOLLOW-UP	

Therapy Session Notes

Print a fresh copy for each session you'd like to record.

Date

Therapy

Therapist

TODAY'S FOCUS	WHAT WE WORKED ON
WHAT WENT WELL	WHAT WAS CHALLENGING
THERAPIST'S FEEDBACK	TRY THIS AT HOME
QUESTIONS / FOLLOW-UP	

Appointment Prep

Before developmental pediatrician, therapist or specialist appointments:

Last visit date

Scheduled visit date

CHANGES I'VE NOTICED	NEW CONCERNS
PROGRESS/WINS	BEHAVIOR/SENSORY PATTERNS
MEDICATION CHANGES	SCHOOL FEEDBACK
QUESTIONS I DON'T WANT TO FORGET	

Appointment Prep

Before developmental pediatrician, therapist or specialist appointments:

Last visit date

Scheduled visit date

CHANGES I'VE NOTICED	NEW CONCERNS
PROGRESS/WINS	BEHAVIOR/SENSORY PATTERNS
MEDICATION CHANGES	SCHOOL FEEDBACK
QUESTIONS I DON'T WANT TO FORGET	

Milestones & Little Wins

Print another whenever there's a moment worth celebrating.

Date

NEW SKILL/DEVELOPMENT

HOW IT HAPPENED

HOW WE CELEBRATED

WHY THIS MATTERED TO US

Milestones & Little Wins

Print another whenever there's a moment worth celebrating.

Date

NEW SKILL/DEVELOPMENT

HOW IT HAPPENED

HOW WE CELEBRATED

WHY THIS MATTERED TO US

Questions I Don't Want to Forget

FOR

QUESTION/THING TO ASK

☐

Doctor

☐

Therapist

☐

School

☐

Other

☐

FOR

QUESTION/THING TO ASK

☐

Doctor

☐

Therapist

☐

School

☐

Other

☐

FOR

QUESTION/THING TO ASK

☐

Doctor

☐

Therapist

☐

School

☐

Other

☐

FOR

QUESTION/THING TO ASK

☐

Doctor

☐

Therapist

☐

School

☐

Other

☐

Questions I Don't Want to Forget

FOR

QUESTION/THING TO ASK

☐

Doctor

☐

Therapist

☐

School

☐

Other

☐

FOR

QUESTION/THING TO ASK

☐

Doctor

☐

Therapist

☐

School

☐

Other

☐

FOR

QUESTION/THING TO ASK

☐

Doctor

☐

Therapist

☐

School

☐

Other

☐

FOR

QUESTION/THING TO ASK

☐

Doctor

☐

Therapist

☐

School

☐

Other

☐

Notes

For anything worth remembering.

This image shows a full page of a document template designed for handwritten notes or essays. It features approximately 28 evenly spaced, thin grey horizontal lines extending across the entire width of the page. The margins are consistent on all sides, providing ample space for writing. There are no pre-printed questions, headings, or other markings on the page.

Little details can become helpful clues later.

School & Advocacy

Helping everyone work together to support your child.



"Partnership creates possibility."

School at a Glance

School

Teacher

Support staff

School year

Contact information

Current
accommodations/
support

Current priorities

My Child at School

Print a new copy for a new school year, teacher, or when your child's support needs change.

STRENGTHS	CHALLENGES
COMMUNICATION	SENSORY NEEDS
HELPFUL STRATEGIES	TRANSITIONS
SOCIAL SITUATIONS	WHAT TEACHERS SHOULD KNOW

My Child at School

Print a new copy for a new school year, teacher, or when your child's support needs change.

STRENGTHS	CHALLENGES
COMMUNICATION	SENSORY NEEDS
HELPFUL STRATEGIES	TRANSITIONS
SOCIAL SITUATIONS	WHAT TEACHERS SHOULD KNOW

School Communication Notes

Print a copy whenever you have an important school conversation or meeting.

Date

Who I spoke with

WHAT WE DISCUSSED

CONCERN/OBSERVATION

ACTION AGREED

Who will follow up

Follow-up date

School Communication Notes

Print a copy whenever you have an important school conversation or meeting.

Date

Who I spoke with

WHAT WE DISCUSSED

CONCERN/OBSERVATION

ACTION AGREED

Who will follow up

Follow-up date

Notes

For anything worth remembering.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Little details can become helpful clues later.

Health & Wellbeing

Keeping important information together for peace of mind.



"Caring for the whole child means caring for every little detail."

Health Information- Current

DOCTORS

ALLERGIES

RELEVANT CONDITIONS

EMERGENCY INFORMATION

Health Information- Updates / Additional Notes

DOCTORS

ALLERGIES

RELEVANT CONDITIONS

EMERGENCY INFORMATION

Current Medication & Supplements

Update this page when medications or supplements change, or print a new copy to keep a dated record.

[illegible]

Current Medication & Supplements

Update this page when medications or supplements change, or print a new copy to keep a dated record.

[illegible]

Medication / Reaction Log

DATE/TIME	MEDICATION/ DOSE	CHANGE/ SKIPPED DOSE/ETC.	REACTION/ OBSERVATION	ACTION TAKEN	FOLLOW-UP NEEDED

Date/Period

This tracker is for organization and observations, not a replacement for medical instructions or records.

Medication / Reaction Log

DATE/TIME	MEDICATION/ DOSE	CHANGE/ SKIPPED DOSE/ETC.	REACTION/ OBSERVATION	ACTION TAKEN	FOLLOW-UP NEEDED

Date/Period

This tracker is for organization and observations, not a replacement for medical instructions or records.

My Documents & Reports

Keep track of the important paperwork in your child's journey.

DOCUMENT	DATE	WHERE IT'S KEPT	
Developmental Assessment			☐
Psychological Assessment			☐
Occupational Therapy Report			☐
Speech & Language Report			☐
Medical / Specialist Report			☐
School Assessment / Report			☐
IEP / Individual Support Plan			☐
Therapy Progress Report			☐
Prescription / Medication Record			☐
Other			☐

Notes

For anything worth remembering.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Little details can become helpful clues later.

Care Planning

Organise appointments, expenses, and plans with confidence.



"Preparation creates peace."

My Regular Care Costs

Summary

Budget Goal	
Total Income/Funds Available	
Total Expenses	
Remaining Balance	

Therapy

Date	Description	Amount
Total Expenses		

Transport

Date	Description	Amount
Total Expenses		

School

Date	Description	Amount
Total Expenses		

Supplies

Date	Description	Amount
Total Expenses		

Medication

Date	Description	Amount
Total Expenses		

Activities

Date	Description	Amount
Total Expenses		

My Regular Care Costs

Summary

Budget Goal	
Total Income/Funds Available	
Total Expenses	
Remaining Balance	

Therapy

Date	Description	Amount
Total Expenses		

Transport

Date	Description	Amount
Total Expenses		

School

Date	Description	Amount
Total Expenses		

Supplies

Date	Description	Amount
Total Expenses		

Medication

Date	Description	Amount
Total Expenses		

Activities

Date	Description	Amount
Total Expenses		

Monthly Care Expense Tracker

Print one copy for each month you'd like to track.

Month

Budget available

Date	Item/Service	Amount	Paid	Notes
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	

Summary

Total planned	
Total spent	
Upcoming expense to prepare for	
Notes	

Monthly Care Expense Tracker

Print one copy for each month you'd like to track.

Month

Budget available

Date	Item/Service	Amount	Paid	Notes
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	
			☐	

Summary

Total planned	
Total spent	
Upcoming expense to prepare for	
Notes	

Notes

For anything worth remembering.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Little details can become helpful clues later.

Looking Back

Celebrate how far your family has come.



"Growth is often easier to see when we pause to look back."

Things We've Learned

Date/Period

MY CHILD RESPONDS WELL TO...

THINGS THAT USED TO BE HARD BUT ARE EASIER NOW...

STRATEGIES WE DISCOVERED...

THINGS WE'RE STILL FIGURING OUT...

Things We've Learned

Date/Period

MY CHILD RESPONDS WELL TO...

THINGS THAT USED TO BE HARD BUT ARE EASIER NOW...

STRATEGIES WE DISCOVERED...

THINGS WE'RE STILL FIGURING OUT...

Growth Snapshot

Then vs. Now

Previous Snapshot:

Snapshot date

COMMUNICATION	REGULATION
INDEPENDENCE	SOCIAL
LEARNING	SENSORY
OTHER	

Growth Snapshot

Then vs. Now

Previous Snapshot:

Snapshot date

COMMUNICATION	REGULATION
INDEPENDENCE	SOCIAL
LEARNING	SENSORY
OTHER	

Notes

For anything worth remembering.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Little details can become helpful clues later.

A Note to Myself

You've been growing through this journey, too.

SOMETHING I'VE LEARNED ABOUT MY CHILD...

SOMETHING I'VE LEARNED ABOUT MYSELF...

SOMETHING I'M PROUD OF...

SOMETHING I WANT TO REMEMBER ON THE HARD DAYS...

Remember This

A MOMENT I NEVER WANT TO FORGET...

SOMETHING THAT MADE ME SMILE...

A LITTLE WIN THAT MEANT A LOT...

A REMINDER TO MYSELF

*We don't have to have everything figured out to
celebrate how far we've come.*

Need Another Copy?

That's the beauty of a printable companion.

Reprint your favourite pages whenever you need them.

You can reuse:

- ✓ Behavior Trackers
- ✓ Sensory Observations
- ✓ Therapy Session Notes
- ✓ Appointment Prep
- ✓ School Communication Notes
- ✓ Medication Logs
- ✓ Monthly Expense Trackers
- ✓ Reflection Pages
- ✓ Milestone Pages
- ✓ Notes

Your child's needs will change—and your companion can grow with you.



Print what you need. Come back whenever you need it.

For personal use only. This file may be printed multiple times for use within your own family but may not be resold, redistributed, shared, or reproduced for commercial use.

Thank You

Thank you for allowing us to be a small part of your family's journey.

Every page you've filled represents moments of love, patience, learning, and hope.

May this companion continue to remind you that progress isn't measured by perfection, but by the countless little steps taken with courage.

Celebrate every milestone.

Celebrate every breakthrough.

Celebrate every challenge overcome.

Most of all...

Celebrate Every Mind.



Celebrate Every Mind



  [celebrateeverymind](#)