

What I've noticed



Talking, gestures and play

Pointing, waving, words, pretend play, playing with others

Routines and changes

What happens when plans change, favorite routines, repeated play

Senses

Sounds, textures, lights, foods your child seeks out or avoids

Sleep, eating and daily care

Bedtime, waking, meals, dressing, toileting

HOW TO USE IT THIS WEEK

Write down examples. Specific moments help more than general worries: what happened, where, and what your child did.

Bring videos if you can. A short clip of a hard moment or a typical morning can show what's hard to describe.

Ask what happens next. Leave knowing the next step, who to call, and roughly how long it will take.

Questions to ask



What do you see, and what does it mean for my child?

Do you recommend a full developmental evaluation? Who does them near us?

How long is the wait, and what can we start while we wait?

Should we contact early intervention or our school district now?

What should we try at home this week?

When should we come back, and what should we watch for?

My own questions
