

# Frustration pattern finder

Child's name: \_\_\_\_\_ Month/year: \_\_\_\_\_

Look at your notes from the frustration tracker to find patterns in your child's behavior. Two to three weeks of entries may be enough to help you spot trends.

Timing	Setting	Activities
<p><b>When does your child get frustrated?</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> In the morning before school</li><li><input type="checkbox"/> At school</li><li><input type="checkbox"/> After school before dinner</li><li><input type="checkbox"/> After dinner before bedtime</li><li><input type="checkbox"/> Around mealtimes</li><li><input type="checkbox"/> Bedtime</li></ul> <p>Other: _____</p>	<p><b>Where does your child tend to get frustrated?</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Home</li><li><input type="checkbox"/> School</li><li><input type="checkbox"/> Other indoor places (stores, etc.)</li><li><input type="checkbox"/> Outdoors (playgrounds, etc.)</li><li><input type="checkbox"/> Transitioning from one place to another</li></ul> <p>Other: _____</p>	<p><b>What is your child doing just before the frustration begins?</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Getting ready for school</li><li><input type="checkbox"/> Leaving home or coming home</li><li><input type="checkbox"/> Starting homework</li><li><input type="checkbox"/> Playing with friends</li><li><input type="checkbox"/> Ending a game or enjoyable activity</li><li><input type="checkbox"/> Getting ready to eat or go to bed</li></ul> <p>Other: _____</p>
Other people	Reactions to your child's frustration	Other factors
<p><b>Who's there when your child gets frustrated?</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Mom</li><li><input type="checkbox"/> Dad</li><li><input type="checkbox"/> Grandparent(s): _____</li><li><input type="checkbox"/> Sibling(s): _____</li><li><input type="checkbox"/> Other kid(s): _____</li><li><input type="checkbox"/> Other caregiver(s): _____</li><li><input type="checkbox"/> Pet(s): _____</li><li><input type="checkbox"/> Other: _____</li></ul>	<p><b>How do other people's reactions affect your child's behavior?</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>What might be adding to your child's frustration?</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Academic struggles</li><li><input type="checkbox"/> Trouble sleeping</li><li><input type="checkbox"/> Family changes (divorce, new sibling, etc.)</li><li><input type="checkbox"/> Sick relative</li><li><input type="checkbox"/> Caregiver's stress levels</li><li><input type="checkbox"/> TV very loud and/or always on</li></ul> <p>Other: _____</p> <p>Other: _____</p>

# Frustration pattern finder

Child's name: Charlie Month/year: 10/2019

Look at your notes from the frustration tracker to find patterns in your child's behavior. Two to three weeks of entries may be enough to help you spot trends.

Timing	Setting	Activities
<p><b>When does your child get frustrated?</b></p> <p><input type="checkbox"/> In the morning before school</p> <p><input type="checkbox"/> At school</p> <p><input checked="" type="checkbox"/> After school before dinner</p> <p><input checked="" type="checkbox"/> After dinner before bedtime</p> <p><input type="checkbox"/> Around mealtimes</p> <p><input type="checkbox"/> Bedtime</p> <p>Other: _____</p>	<p><b>Where does your child tend to get frustrated?</b></p> <p><input checked="" type="checkbox"/> Home</p> <p><input type="checkbox"/> School</p> <p><input type="checkbox"/> Other indoor places (stores, etc.)</p> <p><input type="checkbox"/> Outdoors (playgrounds, etc.)</p> <p><input checked="" type="checkbox"/> Transitioning from one place to another</p> <p>Other: _____</p>	<p><b>What is your child doing just before the frustration begins?</b></p> <p><input checked="" type="checkbox"/> Getting ready for school</p> <p><input checked="" type="checkbox"/> Leaving home or coming home</p> <p><input type="checkbox"/> Starting homework</p> <p><input checked="" type="checkbox"/> Playing with friends</p> <p><input type="checkbox"/> Ending a game or enjoyable activity</p> <p><input type="checkbox"/> Getting ready to eat or go to bed</p> <p><input type="checkbox"/> Other: _____</p>
Other people	Reactions to your child's frustration	Other factors
<p><b>Who's there when your child gets frustrated?</b></p> <p><input checked="" type="checkbox"/> Mom</p> <p><input type="checkbox"/> Dad</p> <p><input type="checkbox"/> Grandparent(s): _____</p> <p><input checked="" type="checkbox"/> Sibling(s): <u>Nicky</u></p> <p><input type="checkbox"/> Other kid(s): _____</p> <p><input type="checkbox"/> Other caregiver(s): _____</p> <p><input type="checkbox"/> Pet(s): _____</p> <p><input type="checkbox"/> Other: _____</p>	<p><b>How do other people's reactions affect your child's behavior?</b></p> <p><u>When Charlie yells at me or Nicky because he can't find something, we often yell back – it's like throwing gas on the fire. I also have to nag him to do homework, so he's in a bad mood before he even gets out his backpack.</u></p>	<p><b>What might be adding to your child's frustration?</b></p> <p><input checked="" type="checkbox"/> Academic struggles</p> <p><input checked="" type="checkbox"/> Trouble sleeping</p> <p><input type="checkbox"/> Family changes (divorce, new sibling, etc.)</p> <p><input type="checkbox"/> Sick relative</p> <p><input checked="" type="checkbox"/> Caregiver's stress levels</p> <p><input type="checkbox"/> TV very loud and/or always on</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> Other: _____</p>