

Frustration tracker

Child's name: _____ Month/year: _____

Timing	Setting	Signs of frustration	Outcomes/strategies
<ul style="list-style-type: none">• Time of day• Day of week• Date	What was your child doing just before the frustration began? Who else was there?	What physical or verbal signs showed that your child was getting frustrated?	How did your child calm down? Did either of you try strategies to keep things from escalating? Ideas on how to help next time?

Frustration tracker

Child's name: Charlie

Month/year: 10/2019

Timing	Setting	Signs of frustration	Outcomes/strategies
<ul style="list-style-type: none"> • Time of day • Day of week • Date 	<p>What was your child doing just before the frustration began? Who else was there?</p>	<p>What physical or verbal signs showed that your child was getting frustrated?</p>	<p>How did your child calm down? Did either of you try strategies to keep things from escalating? Ideas on how to help next time?</p>
<ul style="list-style-type: none"> • 7:45am • Tuesday • 10/1/2019 	<p>Charlie was getting ready for school and couldn't find his shoes or his binder. I was trying to help Nicky get ready, too.</p>	<p>Charlie stomped up and down the stairs and shouted at Nicky, accusing him of moving his things.</p>	<p>I made Nicky wait outside while we looked for Charlie's stuff. Separating the boys helped a little. Tonight I'll try to help Charlie get his school stuff ready before bedtime.</p>
<ul style="list-style-type: none"> • 4pm • Wednesday • 10/2/2019 	<p>Charlie couldn't find the sports stuff he needed to take to practice.</p>	<p>I heard him tearing apart his room, slamming drawers. He yelled for help. I lost my temper and threatened to make him quit the team.</p>	<p>We rode in silence while Charlie cooled down. I suggested making a checklist to help get stuff ready the night before. He got tense, used his breathing strategy, and said "OK."</p>
<ul style="list-style-type: none"> • 8:30pm • Wednesday • 10/2/2019 	<p>Charlie started doing math homework while Nicky and I watched TV.</p>	<p>Charlie started grunting and tugging on his hair. Then he ripped up his worksheet and said math is stupid and that he hates school.</p>	<p>Charlie stayed up late playing video games and went to school without finishing his homework. Maybe I should talk to the teacher again?</p>