

Frustration Tracker

Child's Name: Charlie

Month/Year: 10/2017

Timing	Setting	Signs of Frustration	Outcome/Strategies
<ul style="list-style-type: none"> • Time of day • Day of week • Date 	<ul style="list-style-type: none"> • Where was your child right before the frustration began? • What was your child doing? (Getting ready for school, waiting in line at the store, etc.) • Who else was around? 	<p>How could you tell your child was getting frustrated?</p> <ul style="list-style-type: none"> • Physical signs (stomping feet, clenching fists, etc.) • Verbal signs (words used, tone of voice) 	<ul style="list-style-type: none"> • How did your child calm down after getting frustrated? • Did anyone try any strategies to keep things from escalating? • Any ideas from you or your child on how to help next time?
7:45am Tuesday 10/3/17	Charlie was getting ready for school and couldn't find his shoes or his binder. I was trying to help Nicky get ready, too.	He stomped up and down the stairs and shouted at Nicky, accusing him of moving his stuff.	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.
4pm Wednesday 10/4/2017	He couldn't find the sports stuff he needed to take to practice.	I heard him tearing apart his room, slamming drawers. He yelled at me to help him. I lost my cool and threatened to make him quit the team.	We rode in silence while Charlie cooled down. I suggested we make a checklist to help get ready the night before. He got tense, then took a breath and said we could try. I praised him for using his breathing strategy.
8:30pm Wednesday 10/4/2017	He started doing math homework while Nicky and I watched TV.	He started grunting and tugging on his hair. Then he ripped up his worksheet and said math is stupid and that he hates school.	He stayed up late playing video games and went to school without finishing his homework. Maybe I should talk to the teacher again?

Frustration Pattern Finder

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Use this worksheet to look for patterns in your child's frustrations. Look at the details you've logged recently in your child's frustration tracker. Two to three weeks of entries may be enough to help you spot some trends. Filling out this worksheet can also help you look for ways to reduce your child's frustrations.

Timing	Setting	Activities
<p>When does your child tend to get frustrated?</p> <p><input checked="" 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><input type="checkbox"/> Other: _____</p>	<p>Where does your child tend to get frustrated?</p> <p><input checked="" type="checkbox"/> Home</p> <p><input type="checkbox"/> School</p> <p><input type="checkbox"/> Other indoor places (stores, restaurants, etc.)</p> <p><input type="checkbox"/> Outdoors (playgrounds, etc.)</p> <p><input checked="" type="checkbox"/> Transitioning from one place to another</p> <p><input type="checkbox"/> Other: _____</p>	<p>What does your child tend to be doing just before the frustration begins?</p> <p><input checked="" type="checkbox"/> Getting ready for school</p> <p><input checked="" type="checkbox"/> Leaving home or coming home</p> <p><input checked="" type="checkbox"/> Starting homework</p> <p><input type="checkbox"/> Playing with friends</p> <p><input checked="" type="checkbox"/> Ending an enjoyable activity (sports, TV, video games, etc.)</p> <p><input type="checkbox"/> Getting ready to eat</p> <p><input type="checkbox"/> Getting ready for bed</p> <p><input type="checkbox"/> Other: _____</p>
Other People	Reactions to Your Child's Behavior	Other Factors
<p>Who else tends to be around when your child gets frustrated?</p> <p><input checked="" type="checkbox"/> Mom</p> <p><input type="checkbox"/> Dad</p> <p><input type="checkbox"/> Grandparent</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>As your child starts to get frustrated, how do other people's responses make the situation better or worse?</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 Charlie to do his homework, so he's in a bad mood before he even gets out his backpack.</u></p> <p>_____</p>	<p>What else might be contributing to your child's frustration?</p> <p><input checked="" type="checkbox"/> Trouble sleeping</p> <p><input type="checkbox"/> New baby at home</p> <p><input type="checkbox"/> Sick relative</p> <p><input checked="" type="checkbox"/> TV very loud and/or always on</p> <p><input checked="" type="checkbox"/> Other: <u>Math!!!!</u></p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> Other: _____</p>

Frustration Outreach & Support

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Many parents feel alone in trying to help their child learn to handle frustration. But there are people in your child's life—like teachers, coaches, doctors and school nurses—who can help you look for patterns and brainstorm solutions. Use this log to keep track of the questions you want to ask and the responses you receive. And keep in mind that it takes time to change a child's behavior. There will be ups and downs, but taking notes and seeking advice will help.

Date I thought of this question: 10/3/2017

Person I plan to ask: Charlie's pediatrician

Question: Should we be concerned that he's getting so frustrated so often? How much anger/frustration is normal for 10-year-olds? Could his blowups be a sign of something else?

Date submitted: 10/10/2017 Via: ☒ Phone ☐ Text ☐ Email ☐ Meeting

Date I got a response: 10/10/2017

Response: Dr. Suarez asked for more details—wants me to bring in Charlie, plus all the entries I've been keeping in the frustration tracker. She wants to talk more about how Charlie is doing in school, whether he's having trouble sleeping, etc.

Recommended strategy: Make appointment with her or specialist. Try organizational strategies like Understood's backpack checklist.

Date I thought of this question: 10/4/2017

Person I plan to ask: Charlie's math teacher

Question: Are other kids having as much trouble getting through their homework? Have you noticed any changes in Charlie's behavior over the last marking period? Are you using any strategies to help him settle down in the classroom that you think we could try at home?

Date submitted: 10/4/2017 Via: ☐ Phone ☐ Text ☒ Email ☐ Meeting

Date I got a response: 10/5/2017

Response: Said he'd noticed Charlie has been more frustrated recently in class. Asked how long Charlie spends on homework on a typical night.

Recommended strategy: Do math homework in batches and take 5-minute "brain breaks" in between. Use graphic organizers for math.

Date I thought of this question: 10/4/2017

Person I plan to ask: Coach Anthony

Question: Charlie loves being on the team, but gets frustrated a lot at practice. Any ideas on how we can help him keep his cool? Also, can you praise him when he does something positive—and let me know so I can help reinforce at home that he's a valued member of the team?

Date submitted: _____ Via: ☐ Phone ☐ Text ☐ Email ☐ Meeting

Date I got a response: _____

Response: _____

Recommended strategy: _____