

# JT for ME - Child Routine + School Tracker (Public-Use)

For Our Children and Families - practical public-use support for moments when families need calmer next steps. Not legal advice. Start with safety first.

Use this to keep child-centered notes calmer, shorter, and easier to carry into school contacts, provider calls, meetings, or your own weekly review.

**Child name:**

**Week of:**

**Primary home/schedule context:**

## 1. Sleep and routine

- Bedtime pattern:
- Wake-up pattern:
- Night waking / nightmares:
- Meals / appetite changes:
- General regulation notes:

## 2. School and attendance

- Days present:
- Late arrivals:
- Absences:
- Early dismissals:
- Teacher / school contact this week:
- Homework / focus / behavior notes:

## 3. Health and providers

- Medication given as planned:
- Missed doses or disruptions:
- Appointments attended / missed:

- Pediatric / therapy / counseling notes:

#### 4. Exchanges and transitions

- Exchange dates:
- Transportation problems:
- Child mood before exchange:
- Child mood after exchange:
- Safety or handoff concerns:

#### 5. Home stability

- Housing issues:
- Utility / food / transport pressure:
- Schedule changes affecting the child:
- Childcare changes:

#### 6. Child voice and adjustment

- What the child said or showed:
- New fears / stress signs:
- Activities, friends, or supports helping:
- What seemed to calm things down:

#### 7. What needs follow-up next week

- School:
- Provider:
- Scheduling:
- Safety:
- Paperwork / records:

Keep the notes specific, dated, and child-centered.

Focus on what changed, how it affected the child, and what support or follow-up is needed next.