

CHILD WELL-BEING NOTES ORGANIZER

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

JT for ME - Parent-use working sheet

Use this page to keep notes centered on the child: safety, routine, regulation, school, health, relationships, and daily functioning.

This is a plain-language organizing sheet. It is not legal advice.

1. THE MAIN CONCERN RIGHT NOW

- What is the immediate issue?
- What part of the child's daily life is being affected?
- What needs to stay stable this week?

2. ROUTINE AND STABILITY

- Sleep
- School attendance or performance
- Child care
- Meals
- Exchanges and transportation
- Home routines

3. SAFETY AND WELL-BEING

- Any immediate safety concerns
- Any signs the child is scared, shut down, or dysregulated
- What has already been done to keep the child safe
- Who else needs to know right away

4. HEALTH AND DEVELOPMENT

- Medical needs
- Therapy or counseling

- Medications
- Developmental needs
- Special education or support plans

5. RELATIONSHIPS AND SUPPORTS

- Who helps the child feel safe and steady
- Which adults are handling communication well
- Which relationships need protection from conflict spillover

6. SCHOOL AND PROVIDER NOTES

- Teacher updates
- Attendance notes
- Provider recommendations
- Appointments coming up

7. CALENDAR NOTES

- Important dates
- Missed time
- Last-minute changes
- Patterns over time

8. COMMUNICATION NOTES

- Keep this factual and short
- Date
- Who communicated
- What was said or changed
- Child impact

9. WHAT WOULD HELP THE CHILD MOST NEXT

- One practical step this week
- One person to contact
- One record to gather
- One routine to protect

10. KEEP IT CHILD-CENTERED

For each major note, ask:

- Does this affect safety?
- Does this affect stability?
- Does this affect the child's development or daily functioning?
- Does this belong in the child-centered record, or is it just adult conflict noise?

Related pages:

- Full guide: </best-interest-factors.html>
- Prepare + organize: </prepare-organize.html>
- Family Hub: </resources.html>