Five lines after an episode

Write it when things are calm again — the same evening or the next morning. Child _____

Episode 1

1 **When and where** the day, the time, the place	
2 **What was happening before** what the child was doing, who was there, what had just changed; sounds, light, hunger, tiredness	
3 **What happened** in plain words, as if describing a video — no explanations yet	
4 **How it ended and how long it took** roughly is fine: “about 20 minutes”	
5 **What seemed to help, or did not** even if it worked only once	
? **Your guess, if any** write it as a guess: “maybe the noise — not sure”	

Written on _____ by _____

Episode 2

1 **When and where** the day, the time, the place	
2 **What was happening before** what the child was doing, who was there, what had just changed; sounds, light, hunger, tiredness	
3 **What happened** in plain words, as if describing a video — no explanations yet	
4 **How it ended and how long it took** roughly is fine: “about 20 minutes”	
5 **What seemed to help, or did not** even if it worked only once	
? **Your guess, if any** write it as a guess: “maybe the noise — not sure”	

Written on _____ by _____

One entry proves nothing. Ten entries start to show a pattern.

? White boxes: what you saw or heard. Grey boxes with ?: your guesses — write them as guesses (“maybe..., not sure”).