Home–school notebook

One page per day. It travels in the bag: home writes in the morning, school or nursery in the afternoon.

Child _____

Date _____

From home

Initials _____

Sleep ◯ good ◯ restless ◯ short

Breakfast ◯ ate well ◯ a little ◯ nothing

Anything different today? — a change, a visitor, an appointment, a hard morning

A question for you

From school or nursery

Initials _____

Today overall ◯ calm ◯ mixed ◯ hard

Food ◯ ate well ◯ a little ◯ nothing

What went well

What was hard — and what happened right before?

? Your guess, if any

Message for home

Facts, not labels: “cried for 10 minutes after the fire drill” helps more than “bad day”.

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