

# Pattern Recognition Trackers

A printable set of tools for noticing meaningful patterns in your child's nervous system and knowing when to support, when to wait, and what to try next.

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# How to use:



**Start with the 5-Day Pattern Tracker**

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**Explore the Context Investigation**

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**Try the Family Worksheet**

**Keep the Quick Reference Checklist handy. Think of "3+ similar occurrences" as a clue, not a rule.**

# 5 Day Pattern Tracker

Use for new or unclear observations. Each day gets its own page section with generous space for notes.

**Date:**

**Environment/Location:**

**How long did you observe:**

What happened (describe observable behaviors & context)	
Leading factors (sleep, hunger, sensory load, transitions, stressors)	
Child's response (what they did/said; body cues)	
What we tried (supports/changes)	
Outcome (what helped, what didn't)	
Approx. intensity (1–5):	
Notes to revisit:	

# Pattern Analysis (after 5 days)

**What was consistent?**

**What varied?**

**Possible triggers or factors?**

**What need might this reflect?**

# Context Investigation

When a possible pattern shows up, scan these domains. Tick what applies and add notes.

Environment	Internal State	Systems/Routine
<input type="checkbox"/> Specific locations (which?)	<input type="checkbox"/> Tired / low sleep	<input type="checkbox"/> Family routine/schedule changes
<input type="checkbox"/> Sensory factors (sound, light, texture, crowd)	<input type="checkbox"/> Hunger / blood sugar timing	<input type="checkbox"/> Expectations increased recently
<input type="checkbox"/> Time-of-day component	<input type="checkbox"/> Illness / discomfort / pain	<input type="checkbox"/> Affects multiple children or just one
<input type="checkbox"/> Specific people or social dynamics	<input type="checkbox"/> Recent stressors or changes	<input type="checkbox"/> School/childcare changes
	<input type="checkbox"/> Developmental leap/challenge	

## Response & Support

- What happens when we modify environment?
- How child responds to support offered?
- Child's view: what do they say they need?

**Notes:**

# Family Pattern Worksheet

## What we noticed?

### CLEAR Framework Analysis

- C Consistent? (repeats under similar conditions)
- L Logical? (plausible nervous-system link)
- E Environmental? (clear context/trigger)
- A Actionable? (something helpful to try)
- R Respectful? (honors dignity/growth)

### Pattern Classification

- Meaningful pattern consistent, logical, actionable
- Normal variation developmental/situational
- Need more information observe longer
- Situational response tied to specific event

### Environmental tweak to try

**Sensory/Regulation support**

**Timing/Transition adjustment**

**If observing longer:** how long? what info will we gather? how we'll review as a family

# Quick Reference: Pattern vs. Normal Variation

## Likely a Meaningful Pattern

- Happens repeatedly in similar conditions (think "3+ times" as a clue, not a rule)
- Makes sense developmentally/neurologically
- Clear environmental or timing factors
- Suggests specific supports or changes
- Helps us understand communication

## Likely a Normal Variation

- Inconsistent or rare
- Tied to temporary stressors or phases
- Developmentally typical for age
- Does not impair daily functioning
- Resolves naturally without intervention

## Need More Information

- Too new / multiple explanations
- Contradictory evidence or mixed contexts
- Child in major transition (school, sleep, growth)
- Significant family or routine changes

**Principles:** Patterns reveal needs (not deficits) · Stay curious · Support when helpful, observe when enough · Trust your child's wisdom · Expect patterns to evolve.

**This resource is here to help you make sense of what you're noticing — how your child's brain and body are working together in different moments. It's grounded in neuroscience research and shaped for real family life.**

This is educational, not medical or therapeutic advice. If you have concerns about your child's development, behavior, or wellbeing, always speak to your pediatrician.

Every child is different, and you know yours best. Take what helps, leave what doesn't, and trust your growing understanding of what your child needs.

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