

7-Day Toddler Behavior Observation Tracker

Watch for the pattern under the chaos. Observe one week, describe what you actually see (not labels), then test one supportive response. This is an observation tool — not a diagnosis.

How to use it

- Pick one ordinary week.** Don't rely on a single hard day.
- Write what you see.** "Cried when screen time ended," not "hates transitions."
- Note the context.** Hungry, tired, overstimulated, waiting, rushed, new place.
- Notice strengths too.** Connection, curiosity, repair, small steps to independence.

The 6 areas to watch

- Emotions & calming
- Communication
- Routines & transitions
- Boundaries & safety
- Social interaction
- Independence & skills

For each moment, jot the time, what happened, the likely context, and what helped recovery.

Your week at a glance

Day	What I saw (describe the behavior)	Likely context / trigger	What helped / recovery
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Find the pattern

Five questions to ask when a behavior repeats:

- What happened immediately before? (demand, transition, waiting, noise, sibling)
- What was my child's body telling me? (hungry, tired, restless, seeking movement)
- What were they trying to gain, avoid, or communicate?
- What did I do next?
- What helped recovery? (time, closeness, space, food, sleep, choices, pictures)

Decode

My one pattern sentence:

.....
.....
Example: "Hitting happens most when another child takes a toy and no adult is nearby to help with words."

Plan

One response I'll test this week:

.....
.....

A gentle note: Children develop at different rates. If your child loses a skill they had, or you're worried about how they play, learn, speak, act or move, share your one-week notes with your child's doctor. A checklist can't diagnose — but your specific examples help a professional a great deal.